

RECHERCHÉ

# SIDE DISHES



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*Massie Gordon  
Boston*

## Side Dishes

For Breakfast, Luncheon, Dinner, & Supper.



RECHERCHÉ

# Side Dishes

FOR

BREAKFAST, LUNCHEON, DINNER, AND SUPPER

COMPRISING

Hors d'Œuvres,  
Savouries, Salads, &  
Oriental Dishes.

BY

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"Menus and their Compilation," "Practical Household Recipes," etc.*



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## PREFACE.

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THE present volume lays no claim to being a complete Cookery Book; it is more a companion to my work recently published under the title of "Practical Gastronomy," which, I am pleased to state, has been very favourably received.

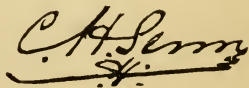
The work is divided into five principal parts, treating upon Hors d'Œuvres, Sandwiches, Savoury Dishes, Salads, and Oriental Dishes, which as side or second course dishes have certain connections one with the other.

Something new in the way of a side dish is at all times a welcome acquisition to a luncheon, dinner, or supper. Savouries are not always partaken of by all; yet they should form an indispensable course at a dinner. According to regulation a savoury should be served after the sweet dishes; this rule, however, is more restricted to savoury dishes of cheese or eggs, whilst other savoury dishes are invariably served before the sweets. For a dinner party hors

d'œuvres and savoury dishes should always be prepared and dished up, so as to admit of their being handed round in small portions, so that each guest can assist himself without any trouble, whilst for a family dinner that, of course, is of little consideration.

This work contains many new and original recipes, yet I do not for one moment pretend that all the recipes given are original, being well aware that, as far as the art of cookery is concerned, there is but very little that can be claimed original; but I do claim that all the recipes herein given are thoroughly "*reliable*" and "*workable*," and that the various cooks who read them, and will put them into practice, will be able to prepare the dishes successfully and without difficulty. I therefore hope the following 500 and odd recipes will be found useful and valuable, for they will tend to provide a long-felt want in supplying a variety of inexpensive, appetizing, nutritious, and tempting dishes.

LONDON,  
April, 1893.

A handwritten signature in cursive script, reading "C. H. Serrin". The signature is written in dark ink and is underlined with a single horizontal stroke.

# CONTENTS.

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	PAGE
SIDE DISHES—HORS D'ŒUVRES . . . . .	1
SANDWICHES . . . . .	30
SAVOURY DISHES OF FISH . . . . .	44
SAVOURY MEAT DISHES . . . . .	65
SAVOURY DISHES OF VEGETABLES. . . . .	78
SAVOURY DISHES OF EGGS . . . . .	110
FARINACEOUS AND CHEESE SAVOURIES, ETC. . . . .	134
SALADS AND SAUCES . . . . .	146
SOUR FRUIT SALADS . . . . .	177
ORIENTAL DISHES . . . . .	180
MISCELLANEOUS RECIPES AND SAUCES . . . . .	193
INDEX . . . . .	203





## Side Dishes for Dinners, Suppers, and Light Repasts.

### HORS-D'ŒUVRES.

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#### ANCHOVIES.

##### *Les Anchois.*

Anchovies are now considered a most agreeable appetizer at the breakfast, luncheon, and dinner-table. They are a Mediterranean fish, mostly preserved in salt brine, and are greatly appreciated on account of their delicious and relishing flavour. They should be soaked in cold water before use; and require washing and wiping gently with a cloth. To remove the fillets from the bones split them down the back, which is done with the forefingers and thumbs of both hands.

#### ANCHOVY SALAD WITH ONIONS.

##### *Salade d'Anchois aux Oignons.*

Wash some anchovies, steep them in vinegar, drain them on a cloth; bone the anchovies, cut the fillets into small strips, dish them up in lat-

tice-work fashion on small glass dishes; garnish with groups of hard-boiled white of egg, yolk of egg, chopped parsley, chopped button onions, French capers, and chopped pickled beetroot. Pour a little sweet oil over the whole, and serve.

### ANCHOVY CANAPEES.

*Anchois sur Canapés.*

Have some slices of white bread half an inch thick, cut them in fingers, fry them in clarified butter until light brown, then drain them on a cloth. Spread them with a layer of anchovy butter, and lay a small fillet of Gorgona anchovy over each. Dish up on a glass dish, and garnish with finely chopped parsley, yolk and white of hard-boiled eggs. Instead of frying the bread, simple toasted bread can be used for the fingers.

### ANCHOVY CANAPEES, PRINCESSE STYLE.

*Canapés aux Anchois à la Princesse.*

Cut some fillets of anchovies into small strips, chop finely some hard-boiled eggs, also some chervil, tarragon, and chives. Cut some slices of bread, about quarter of an inch thick, stamp them out with a tin cutter in round shapes; fry these in clarified butter of a light colour. Place the chopped eggs and fine herbs into a basin, mix it together with a small quantity of tartare sauce, lemon juice, pepper and salt. Spread the croûtons with the mixture, and place the fillets of anchovies over them in a lattice-work fashion; garnish with parsley, and dish up the canapees on a folded napkin.

**ANCHOVY SALAD.***Anchois en Salade.*

Wash some anchovies in water, take off the skins, remove heads, tails, fins, and bones. Cut them into thin strips, put them on a dish, with some lettuces cut small, small radishes, chopped parsley, capers, and thin slices of lemon, all nicely arranged. Mix some lemon juice with a little salad oil, pour over, and serve. This dish can be garnished with chopped whites and yolks of hard-boiled eggs and turned olives, according to fancy.

**ANCHOVIES AND CRAYFISH TAILS IN SHELLS.***Anchois et Queues d'Écrevisses en Capisantis.*

Wash some small Gorgona anchovies, and prepare them as above; pick out some even-sized crayfish tails, and place a fillet of anchovy round each tail; put them in small shells, and garnish with parsley and stuffed olives.

**ANCHOIS À LA NORWEGIENNE.**

Prepare some fillets of Norwegian anchovies, trim neatly, have ready three hard-boiled eggs, chop up two coarsely, yolk and white separate, dish up in hors-d'œuvres dishes (little glass dishes), season with a little chopped tarragon, chervil, and red pepper. Sprinkle with a little oil and vinegar. Place the anchovy fillets over the top in the shape of lattice-work, ornament with fanciful cut slices of lemon, quarters of hard-boiled egg, and parsley.

**CANAPEES TURBIGO FASHION.***Canapés à la Turbigo.*

Pick out some small crayfish tails, or prawns, if the former cannot be procured, a few small truffles, a small head of white celery, and a small quantity of mixed pickles. Cut all these into small, neat discs, season with *rémoulade* sauce, containing some reduced tomato juice, sufficient to colour the sauce. Procure a number of small rolls (farthing rolls), cut these into halves, take out the crumb, and fill the crusts with the above. Cover over each surface a thin, round piece of clear aspic jelly. Garnish with capers and parsley, and dish them up on a folded napkin or fanciful cut paper.

**CANAPEES OF LOBSTER, QUEEN'S STYLE.***Canapés de Homard à la Reine.*

Procure some small rolls, as mentioned in the foregoing recipe, cut them in halves, scoop out the crumb, and fill them with the following preparation. Cut into small, neat discs some lobster meat, one or two hard-boiled eggs (according to the quantity of canapees required), a few lettuce leaves, some gherkins, the fillets of a few anchovies. When all are neatly cut, mix with some salad oil and vinegar, pepper and salt, and finely chopped parsley. Now proceed to fill in the crusts of the rolls. Mask their surface over with a stiff mayonnaise sauce, garnish with lobster coral and pickled beetroot, the latter being cut into small thin strips. Dish up on a folded napkin.

**LOBSTER CANAPEES.***Homard sur Canapés.*

Cut some slices of bread, a quarter of an inch thick, stamp out with a fancy round cutter, two inches in diameter, and fry them in clarified butter. Spread the rounds with lobster butter, place a nice piece of lobster meat in the centre of each, and garnish with a row of capers round the lobster. Before serving, sprinkle over with a little salt and cayenne pepper.

**LOBSTER À LA CARÊME.***Homard à la Carême.*

Take a few small plain dariole moulds, line them with lobster forcemeat; place in the centre of each a small quantity of salpicon of prawns, truffles, and artichoke bottoms, all cut into discs and mixed with tartare sauce. Fill up the moulds with forcemeat, and poach, and set on the ice to cool. Dish up in a circular row, sauce over with tartare sauce, and serve.

**LOBSTER DARIOLES WITH TOMATOES.***Darioles de Homard à la Tomate.*

Prepare salpicon, with lobster meat cut into dice, and white fish forcemeat; season with cayenne pepper and salt, add a little aspic jelly, and mix well together. Select some even-sized, small, round tomatoes, cut out the centre gently with a tin cutter about the size of a shilling piece; plunge the tomatoes, one after the other, into boiling water to take off their skin, which

must be done very carefully, so as not to deform the fruit. Put the skinned tomatoes on a cloth to drain, place them separately into small dariole moulds, fill in the lobster *salpicon*, and steam them with a little water in a covered stewpan slowly, for about thirty minutes, turn them on a cloth to drain, glaze them when quite cold with stiff tomato sauce, to which some strong meat glaze and a little aspic jelly has been added. Now dish them up in a circular row, placing in the centre, in a heap, a salad of *macedoine* of vegetables seasoned with stiff tartare sauce; sprinkle some lobster coral on top, garnish with parsley, and serve.

### BALLOTINE OF LOBSTER, REFORM STYLE.

#### *Ballotine de Homard à la Réforme.*

Cut the best parts of lobster meat into thin slices, mask some small plain oval moulds with bright aspic jelly, cover the bottoms and sides of the moulds with the nicest slices of lobster, dip them in warmed aspic jelly so that they set firmly, place them on the ice for a little while, mask the interior with whipped aspic jelly. Cut up the remainder of the lobster meat coarsely, mix with stiff mayonnaise sauce and aspic jelly, season with salt and cayenne pepper, fill up the moulds with this, and let them set firmly. Dish the ballotines on a folded napkin, garnish with parsley, and serve. Salmon, prawns, or crayfish may be done in the same style. Some chopped gherkins can be added to the mayonnaise sauce used for seasoning.

**CRAYFISH CROUTES, RAVIGOTTE STYLE**

*Croûtes d'Écrevisses à la Ravigotte.*

INGREDIENTS.—Bread for croûtes, 12 crayfish tails, half a gill tartare sauce, some tarragon leaves, chervil, and a few blanched spinach leaves, butter for frying, cayenne pepper and lobster coral.

Cut some pieces of bread, round or square, half an inch thick and an inch and a half wide, hollow out the centre a little, fry them in clarified butter, drain on a cloth, chop the crayfish tails or some prawns finely, season with a little tartare sauce. Put a little mustard and cress at the bottom of each croûte, dress some of the prawn or crayfish parts in a pyramidal form on top; pound a few chervil, tarragon, and spinach leaves, previously blanched, pass through a fine sieve, and mix with some tartare sauce. Mask the croûtes gently, sprinkle with lobster coral and cayenne. Dish up, garnish with small cress, and serve.

**CRAYFISH.**

*Écrevisses.*

Crayfish are similar to lobsters, only much smaller. The flesh is most delicate. They are extremely useful for side dishes, as well as for cold and hot entrées. There are several kinds. The best are quite red under the claws. Prawns are used in their place when the former cannot be obtained. They are boiled in water, with plenty of salt in it, for about ten minutes.

To serve them in the shells, cut the ends of lemons so as to make them stand, stick the horns of crayfish or prawns into the lemons in circular rows, commencing at the bottom of a lemon. Fill



up the vacant spaces with fresh parsley, and arrange them neatly upon the dish in which they are served.

### CRAYFISH CANAPEES.

*Pâte d'Écrevisses sur Canapés.*

Cut and fry bread croûtons the same as described for anchovy canapés. Spread a layer of potted crayfish paste over the fingers, dish up, and garnish with parsley.

### SMOKED COD'S ROE CANAPEES.

*Laitance de Cabillaud fumé sur Canapés.*

Prepare bread croûtons as in the preceding recipe, spread thinly with fresh butter and a layer of potted cod's roe paste, dish up, and garnish with hard-boiled eggs and finely chopped parsley.

### CRAYFISH CROÛTES, TARTARE STYLE.

*Les Croûtes d'Écrevisses à la Cardinal.*

Procure six to eight small round dinner-rolls (usually called farthing rolls); cut these in equal halves, scoop out the crumb, and allow the crusts to dry. In the meantime prepare a mixture of eighteen large picked prawns, one large gherkin, six anchovy fillets, and the white part of a hard-boiled egg, all of which are minced rather fine. Put these in a basin, and season with a ladleful of tartare sauce; put a little mustard and cress at the bottom of each crust, and fill up with the preparation; stamp out some thin slices of aspic jelly, cover the surface of each with a



slice, fasten the heads of prawns in the centre of each with a little lobster butter; ornament the edges with lobster butter. Dish up on small round dishes, garnish with parsley, and serve.

### SNAILS AS HORS-D'ŒUVRE.

The edible snails are found in the south of France, Italy, and some parts of the south of England, where they have been introduced some hundred years ago from the Continent. They have thin shells of a whitish or pale grey colour, with four dark stripes.

The snails are not very much thought of as yet on this side of the Channel; but it is to be hoped that the time will yet arrive when a basket of dressed snails will be considered as acceptable a present as a brace of game.

Eating snails is said to be a remarkable good thing for consumption. The ancient Romans greatly esteemed snails as an article of food; they kept special places for fattening them, and, it is said, fed them on meal, wine, and other dainties. Great care should be taken by those who consume snails, and by those who collect them, to let them lie for three or four days before they are cooked; for snails which have had the opportunity of feeding on poisonous grass are likely to poison the consumers, which is, however, avoided if they are kept a few days without food.

### SNAILS WITH FINE HERB BUTTER.

*Escargots aux fines Herbes.*

Let the snails boil for a quarter of an hour in water, then take them out of their shell, wash

them several times, boil them up again, and drain them. Fry them in butter with a few finely chopped shallots till light brown, add a little reduced piquante sauce, and refill them in the shells without any sauce. Cover the tops with parsley butter, containing a little lemon juice and some finely chopped shallots. Serve on a folded napkin on a dish.

### OLIVES AS HORS-D'ŒUVRES.

Olives are considered next to caviare the most digestive morsel to be consumed before meals. The olive is most extensively consumed as an article of food in the south of France, where the word indigestion in itself has scarcely any meaning; in fact, "indigestion" is rarely ever heard of, which ought to be sufficient proof that olives are uncommonly wholesome, as they assist to spur the digestive organs whenever they are inclined to be out of order.

The first acquaintance of this *hors d'œuvre* is undoubtedly not an agreeable taste to some people, but the palate soon gets over the apparently disagreeable flavour, and in time will take to them with intense relish.

Sweet or Spanish olives are esteemed the most palatable, as they are perfectly sweet, and free from any strong flavour. They are served as *hors-d'œuvres*, and at times as dessert. On both occasions they are dished up in small glass dishes, with a little of their own liquor, and are eaten with the fingers: a fork should never be applied to them.

**APPETIZERS, MAXIMILIAN STYLE.***Appétissants à la Maximilian.*

Stone some large Queen's olives, fill them with anchovy paste mixed with a little reduced tomato juice and cayenne pepper to taste; cut out some rounds of brown bread about the size of a four shilling piece, spread some of the prepared paste thickly over them. Place an olive in the centre of each croûton, have ready some neatly trimmed fillets of anchovies, and lay a fillet round each olive; ornament with little sprigs of finely picked parsley, or coarsely chopped hard-boiled white of eggs. Dish up on a folded table napkin, and serve.

**SPANISH APPETIZERS.***Appétissants espagnols.*

Procure some Spanish olives, peel them carefully from the stones, or stamp out the stones with a small cutter; fill them with some anchovy paste. Dress, bone and fillet a few Gorgona anchovies, twist a fillet round each stuffed olive. Dish them up on a glass dish, and place a sprig of fresh picked parsley on the top of each olive, pour a little best olive oil on the dish, and serve.

**OLIVES À L'ESPAGNOLE.**

Cut ten round slices of bread about an inch and a half in diameter and one-eighth of an inch thick, fry in butter, drain. Stone as many large Spanish olives with a sharp tube cutter; fill with some firm tartare sauce; place one in the centre of each croûton, curl an anchovy fillet round it;

garnish with finely chopped hard-boiled egg, lobster coral, and sprigs of parsley. Dish up on small hors-d'œuvres dishes, and serve.

### TUNNY FISH.

*Thon mariné.*

The tunny is a kind of fish which slightly resembles the cod; it is preserved or marinated in oil. The flesh is very firm, has a delicate flavour, and looks very much like cooked veal; it makes a highly esteemed hors-d'œuvre, but is hardly ever served otherwise. To serve it, cut some thin slices, arrange them on oblong or round glass dishes in rows overlapping one another. Ornament the sides alternately with little heaps of chopped capers and chopped parsley. Pour a little sweet oil over the dish just before sending to table.

### TUNNY CANAPEES.

*Thon mariné sur canapés.*

Prepare some slices of crumb of bread, cut in fingers, and fry in clarified butter. When cold, butter them, and cover the pieces with thin slices of preserved tunny-fish, flavour with lemon juice and chopped tarragon and chervil. Dish up on little dishes, garnish with small salad, and serve.

### EGGS À LA MAXIMILIAN.

Boil some eggs hard, shell and put into cold water. When cold, cut off the broad tips of the eggs, scoop out carefully the hard yolk with a small teaspoon; rub the yolk through a sieve into

a small basin, stir in oil, vinegar, pepper and salt, to make a smooth paste. When stiff, add a small quantity of concentrated tomato purée, a little cayenne pepper; fill the centres of the eggs with this preparation, stand them on a dish with a napkin, garnish with parsley, and serve.

### CANAPEES OF SMOKED SALMON.

*Canapés de Saumon Fumé.*

Cut and fry slices of bread as directed for anchovy canapés, butter the pieces when cold, and cover them with thin slices of smoked salmon.

### SAUCED SALMON.

*Saumon mariné.*

Place the piece of boiled salmon you wish to pickle into a deep dish; boil enough vinegar to cover the fish, add two small bay leaves, four cloves, six long peppercorns, ten juniper berries, a lump of sugar and a little salt. Pour the boiling vinegar over the fish, and serve when cold.

### SAUCED FISH.

*Poissons marinés.*

Boiled fish of any kind left from a previous day's meal, can be sauced and come in as a *hors-d'œuvre* or breakfast dish.

Place the neatest pieces of fish into a deep dish, boil up a little of the fish stock in which the fish has been boiled with an equal quantity of vinegar, a few leaves of green fennel, bay leaves, cloves, peppercorns, a slice or two of lemon, and salt. Pour this over the fish, turn them over gently from time to time, so that the seasoning thoroughly saturates the fish.

**GARFIELD BONNE-BOUCHES.**

Prepare some slices of very thin crisp toast, stamp them out with a round cutter, about an inch and a half in diameter; butter them, and place a layer of thin slices of roast fowl alternately with some very finely shred lettuce leaves over each. Ornament the tops with fillets of anchovies, or appetit sild, in the form of lattice-work. Dish up on a folded napkin, garnish with parsley, and serve.

Instead of buttering the toast, a thin layer of tartare or mayonnaise sauce may be used.

**SARDINE BONNE-BOUCHES À LA ROYALE.**

Clean and bone six sardines, and three Gorgona anchovies; pound them in a mortar with three to four hard-boiled yolks of eggs, pass through a wire sieve, add a little fresh butter, a handful of fresh bread crumbs, a small quantity of finely chopped parsley, and season with white pepper and cayenne.

Line some deep tartlet moulds with puff paste trimmings, fill up the interior with the above ingredients, cut some strips of paste, and ornament the tops in the form of lattice-work; brush over with a little beaten-up egg, and bake in a quick oven. When cooked and cold, dish up on a napkin or dish paper, garnish with parsley, and serve.

**PETITS PANIERS À LA JARDINIÈRE.**

INGREDIENTS.— $\frac{1}{2}$  lb. short paste,  $\frac{1}{2}$  pint macedoine of vegetables, oil and vinegar,  $\frac{1}{2}$  lemon, 1

ladleful of aspic jelly, 1 small truffle, pepper and salt.

**METHOD.**—Line eight small patty pans with the paste, shape some twisted strips, and fasten each end crossways with some egg yolk and flour mixed to the sides of the pans to the paste; fill up the interior of the patty pans with raw rice, bake in a quick oven for about ten minutes, turn out the rice and set them to cool. Have ready some cooked macedoine of vegetables, drain well on a cloth, season with a little oil, vinegar, pepper and salt, moisten with a tablespoonful of aspic, fill the baked crusts with the mixture, mask the surface of each with aspic. Ornament with fancy shapes of lemon rind and truffles; garnish with sprigs of fresh parsley, dish up and serve.

Remnants of truffles can be mixed with the macedoine.

### BETTERAVE À L'ORIENTALE.

**INGREDIENTS.**—1 small beetroot, 1 hard-boiled egg, 12 anchovy fillets, 1 dessertspoonful capers, 1 dessertspoonful gherkins, 2 chives, 1 dessertspoonful anchovy paste, a little vinegar, brown bread for croûtes.

**METHOD.**—Cut the beetroot into slices about one-eighth of an inch thick, stamp out some small rounds with a fancy cutter, about one inch in diameter, put a layer of anchovy fillets on each. Prepare the following mixture: one dessertspoonful of capers, one gherkin, two chives, all chopped finely and mixed with a tablespoonful of anchovy paste, and a few drops of chilli vinegar; spread over the rounds carefully. Cut the egg in thin



slices, put one on each of them, mix a little cayenne with salt, and sprinkle over the surface. Dish up, and garnish with anchovy fillets and parsley.

### TRANCHES VIENNOISE À LA TOMATE.

INGREDIENTS.—Brown bread,  $1\frac{1}{2}$  oz. butter, 2 oz. white meat (chicken, or rabbit), 1 hard-boiled egg, 1 tablespoonful béchamel sauce, salt and pepper, tarragon and chervil, a few sprigs of each,  $\frac{1}{4}$  lb. cooked ox-tongue, or ham, 1 large tomato, oil, vinegar, and chopped parsley.

METHOD.—Cut some small square slices of brown bread about one and a half inch square. Stamp out a neat shapes with a cutter. Pound the following ingredients in a mortar. 2 oz. cooked white meat, 2 egg yolks, 1 oz. butter, finely chopped tarragon and chervil and parsley; moisten with a tablespoonful of béchamel sauce. Season to taste, and pass through a sieve. Butter the slices of bread slightly, spread over each with a thin layer of the paste; cut some fancy slices of ham or tongue a trifle smaller than the bread, place one on each slice of bread. Have ready a tomato cut up rather small, season with oil, vinegar, parsley, salt and pepper; put a small heap on the centre of each slice, put a tarragon leaf crossways on top. Work up the remainder of paste, put it in a paper cornet, and ornament sides of each slice with same, and dish up.

Sufficient for half service, 4-6 persons.

The hard-boiled whites of eggs can be chopped finely and be used for garnishing the dish, if desired.



## CAVIARE.

This peculiar and so highly appreciated delicacy consists of salted roes of various large fish, belonging to the sturgeon family. The sturgeon, (*Acipenser sturio*), the hause (*Acipenser huso*), the sterlet and tunny fish produce most of the caviare imported into this country. The finest quality caviare is obtained from the roe of the sturgeon, which lives in the Black Sea and the river Volga, in Russia. This fish weighs from 3 to 5 cwt.; the so-called hause weigh as much as 9 cwt. each. The latter do not produce so good a quality of caviare as the sturgeon. The Astrachan caviare is considered the best; the grains of this caviare are larger than the ordinary kind, and when fresh, of a greenish colour. When preserved, the colour turns almost black. Caviare is also largely imported from Germany and America. The German caviare has much smaller grains than the Russian caviare, and is not considered so good; but it is nevertheless largely consumed, as the price is considerably less than the caviare imported from Russia.

Caviare is a condiment, which, as Hamlet remarked, is "caviare to the general, but to the gourmet, on buttered toast with a squeeze of lemon, it is a revelation." Caviare is usually eaten as a relish, and is considered one of the finest appetizing table delicacies. It is served either plain or on toast, with pepper and lemon juice, or with finely chopped shallots and parsley and lemon juice, or with vinegar and oil.

*Hygienic Caviare* is recommended to the invalid and epicure, as well as the connoisseur of table delicacies. It can be eaten and appreciated by

those whom experience warns to be careful as to their digestive powers, as well as those who are benefited by cod liver oil. The hygienic caviare recommends itself from the fact that it contains less superfluous salt and oil than the caviare of every-day commerce. The absence of excessive quantities of these constituents renders it not only more wholesome and agreeable, but is an article which comes within the reach of invalids who would otherwise have to eschew a table delicacy which is dear to the heart—or should I say palate?—of the connoisseur. The hygienic caviare has the same flavour as ordinary caviare, but is heightened by being deprived of some of the oil which so largely enters into its composition. It can be obtained at all high-class grocers, provision dealers, etc.

#### *How Caviare is Prepared.*

It is not usually known how this delicacy is prepared, although it is pronounced the “favourite hors-d’œuvre” on the Continent, and is consumed there as well as in England in large quantities.

The roe of the sturgeon differs materially from that of other fish, in being of a large size and very thin skinned, containing a kind of oily jelly, which, so to say, melts away in the mouth, leaving little or no residuum, and being held together by a network of cellular tissues, fat and muscle in large quantities, and about the size of a man’s head. A net of very small mesh, spread over a very large frame, answers as a kind of coarse sieve; the roes being lightly pressed and kneaded over this, the eggs are thus detached, and fall into wooden tubs placed below the frame

and net; each grain is thus more or less separated. To produce so-called "grain" caviare, for export, the eggs are sprinkled with finely ground salt. A wooden fork with from eight to ten prongs is used to stir the salt into the caviare. In doing this the eggs become first doughy, but small afterwards, and finally give out a noise, which is taken as a proof that the process is completed, after which the caviare is packed closely into hard wood kegs, ready for transportation.

### SMALL CAVIARE SLICES, RÉMOULADE STYLE.

#### *Petites Tranches de Caviar à la Rémooulade.*

Cut twelve thin oblong slices of brown bread, pare them into heart shapes, about an inch and a half long. Butter the slices slightly. Mix two ounces of Russian caviare carefully with a squeeze of lemon, a teaspoonful of chopped shallots, and a pinch of cayenne pepper. Spread the slices rather thickly with the caviare, but do not use a knife for this purpose, as steel or metal injures the flavour of it. Have ready a tablespoonful of stiff mayonnaise, mix gently with one of cold béchamel sauce, one hard-boiled egg yolk passed previously through a fine wire sieve, chopped parsley, fennel leaves, tarragon leaves, and shallots, half a teaspoonful of each, also half a teaspoonful of prepared mustard, and one of concentrated tomato purée. Work all vigorously, fill in a paper cornet, and ornament the caviare slices to taste. Dish up on small round dishes, and stand in a cool place until required.

### CANAPEES OF CAVIARE, RÉMOULADE STYLE.

*Canapés de Caviar à la Rémooulade.*

Take some slices of the crumb of bread, about half an inch thick, stamp them out in ovals, fry these in clarified butter a light brown colour. When cool, place about a teaspoonful of rémooulade sauce (see page 202) on one side of each oval; in the centre of each put a little caviare, sprinkle with chopped parsley and gherkins, and serve on a glass dish.

### CAVIARE DAINTRIES, MOSCOW STYLE.

*Brissolletes de Caviar à la Moscovite.*

Procure some very small farthing rolls, cut them into equal halves, scoop out the crumb, and place them in a cool oven to dry. Prepare a stiff mayonnaise, adding a little aspic jelly to stiffen same. Mask the inside of the rolls when quite cold, about an eighth of an inch thick. Place on each of them a small quantity of Astrachan caviare, and cover over their surface with aspic jelly. Ornament the tops with thin strips of fillets of Russian anchovies; dish up and serve them on a folded napkin.

### CAVIARE SANDWICHES.

*Tartines de Caviar.*

Procure a small pot of "hygienic caviare," put contents into a basin, add a finely chopped shallot, the juice of half a lemon, and a pinch of cayenne pepper, mix carefully with a wooden spoon or fork. Butter some thin slices of brown

or whole meal bread, spread these with the prepared caviare, placing two together like sandwiches. Cut them into small fingers, or stamp out into half-moon shapes, dish up on a folded napkin or paper, garnish with small salad, and serve.

### CAVIARE DARIOLES.

#### *Darioles de Caviar.*

Cut a rasped roll into round slices about half an inch in thickness, toast them nicely on each side, split them open like a muffin, and butter the inside. Spread with some Astrachan or hygienic caviare flavoured with finely chopped shallots, a little lemon juice and cayenne. Press the slices of rounds of toast together, dish up and serve. This dish can be served hot or cold.

### PETITES CROUTES DE CAVIAR.

INGREDIENTS.—Bread for croûtes, 3 oz. Russian hygienic caviare, half a lemon, 1 teaspoonful of shallots, a pinch of cayenne, clarified butter for frying, parsley for garnishing.

METHOD.—Cut out eight round pieces of bread, about an inch in diameter, and half an inch thick; scoop out the centre sufficiently hollow to receive a dessertspoonful of caviare. Mix the caviare carefully with a teaspoonful of chopped shallots, a squeeze of lemon, and a pinch of cayenne; fry the croûtes in hot butter a nice light colour, drain well on a cloth; when cold, fill up with the prepared caviare. Dish up, garnish with sprigs of parsley and serve. Be careful never to touch

caviare with a knife or any metal spoon, as it injures the flavour. I recommend hygienic caviare, as it contains less salt and less oleaginous substance, which is so objectionable to the epicure as well as the invalid.

## OYSTERS.

### *Les Huitres.*

Oysters are considered wholesome and nourishing, especially for delicate and consumptive people. They are most delicious, and stand first on every menu as an universally esteemed hors-d'œuvre. The "natives" are the best. The recognised season for oysters is from the beginning of August until the beginning of May, when they are most plentiful.

Oysters are opened and served in their deep shells with their own liquor. They are generally eaten with a fork.

Slices of brown bread and butter, quarters of lemon and cayenne pepper should be served with oysters.

## OYSTER DARIOLES, CARLTON STYLE.

### *Darioles d'Huitres à la Carlton.*

Heat<sup>1</sup> up some sauce oysters, beard them and cut them up in dice; shred some lettuce leaves, and mix all in a basin with mayonnaise sauce and aspic jelly to bind. Season with white pepper, salt, and chilli vinegar to taste; fill into small dariole moulds, place them on the ice to get set, turn out on a folded napkin on a dish; garnish with parsley, and serve.

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<sup>1</sup> Oysters, when being cooked, should never boil, but may just come to boiling point.

**OYSTER MAYONNAISE.***Huitres en Mayonnaise.*

Heat up twenty oysters in their own liquor, let stand for five minutes; drain, beard and put them in cold water to cool; drain in a cloth, mix with some prepared mayonnaise sauce and serve neatly dressed on crisp salad-leaves.

**HAM-BOUCHÉES, WITH CREAM.***Bouchées de Jambon à la Crème.*

Grate half a pound of lean ham, with this mix gently a quarter of a pint of whipped cream, season with white pepper and cayenne to taste; fill some small puff-paste cases with the mixture, sprinkle a little chopped parsley over each, cover them, and serve on dish covered with a folded napkin or lace-paper.

**HAM CANAPEES.***Jambon sur Canapés.*

Cut and fry some slices of bread, as directed for anchovy canapés, cover the pieces with thin slices of boiled ham, and dish them up.

**TONGUE CANAPEES.***Langue de Bœuf sur Canapés.*

Prepared as directed in the preceding dish, using boiled tongue instead of ham.

**MINCED BEEF WITH SAVOURY JELLY.***Bœuf haché à l'Aspic.*

Mince some cold beef with a small quantity of red pickled cabbage, season this with salt, pepper,



oil and vinegar; chop some hard-boiled white of egg, add it to the mince, moisten with a small quantity of liquid aspic jelly. Fill some small dariole moulds with the mixture. When set, turn out on a dish in the form of a pyramid. Garnish round the dish with stuffed olives, rings of hard boiled eggs, and slices of aspic jelly, and serve.

### BEEF CANAPEES.

#### *Canapés de Bœuf.*

Cut and fry some rounds of bread, butter the rounds, and sprinkle with a little pepper and salt; cover with thin slices of cold roast beef; pour a thin coating of good meat glaze over them. When cold, dish up, garnish with scraped horseradish and parsley, and serve.

### SMOKED HAMBURG BEEF.

#### *Bœuf fumée à la Hambourgoise.*

Grate some lean Hamburg beef, and arrange it heaped up on a glass dish; clean, wash and drain small cress, and garnish round the dish. Lemon pickles sliced are almost invariably served in glass dishes with hung or Hamburg beef.

### CRABS, DRESSED.

#### *Crabes garnies.*

Choose your crabs of medium sizes and weights, pick all the meat out of the crabs, remove the gills and apron. Mix the meat with an equal quantity of salad oil and vinegar to taste, season with pepper and salt and a little mustard. When mixed, clean out the shells, fill them with the mixture, and garnish with fresh picked parsley



and with the small claws. Dish up on folded napkins, and serve.

### BONNES-BOUCHES À LA CARDINAL.

Cut some slices of bread, about one quarter of an inch in thickness, stamp out some rounds an inch or less in diameter, fry these in clarified butter; spread a little lobster paste over each, and place a stoned Spanish olive in the centre. Curl a fillet of anchovies round it; fill the centre of the olives with lobster coral, and round the croûtons garnish with hard-boiled white of egg; dish up on a folded napkin, and serve.

### GOOSE-LIVER BONNES-BOUCHES.

#### *Bonnes-Bouches de Foie-gras.*

Fill some small tin hoops (about an inch and a half in diameter, and half an inch high) with good raised pie paste, fill with rice or flour; bake well. When baked, turn out the flour or rice. Cut some potted foie-gras into small dice. Season with a little aspic jelly and cold suprême sauce, fill the crusts nearly to the top; when set, cover the top with clear aspic jelly. Dish up in a folded napkin, garnish with chopped aspic jelly and parsley, and serve.

### GOOSE-LIVER DARIOLES.

#### *Darioles de Foie-gras.*

Put a little aspic jelly in some small plain dariole moulds, so that it sets round the sides and bottom; fill up with potted foie-gras, place on the ice for an hour, turn out on glass dishes. Ornament with chopped beetroot, hard-boiled white of eggs, slices of cucumber, and serve.

**LES COTELETTES MIGNONS À LA TOMATE.**

**INGREDIENTS.**—1 gill tomato sauce, 1 gill aspic jelly, quarter of a pound chicken or game forcemeat, 1 tablespoonful of cream, 1 hard-boiled egg, seasoning, parsley for garnish, 1 truffle.

**METHOD.**—Mask eight small cutlet moulds with aspic, work the forcemeat and cream to a smooth substance, incorporate one hard-boiled yolk of egg, and some aspic to make it set. Ornament bottom of cutlets with hard-boiled whites of egg and truffle; mark with the forcemeat some lines to imitate bones and fat of cutlet, line with the tomato sauce, previously mixed with aspic jelly, to imitate the fleshy part, fill up with the forcemeat previously prepared, cover the surface of each with tomato sauce. Place them on the ice for about half an hour, turn out carefully, dish up on folded napkins or glass dishes, garnish with parsley, and serve.

**TOMATO DARIOLES.**

*Darioles de Tomate à la Crème.*

Procure some small tomato moulds, mask them with reduced tomato sauce and aspic jelly. Stand the moulds to cool. Prepare a forcemeat with chicken, aspic jelly, and whipped cream; fill the moulds with this, close two halves together, taking care that the marks of the moulds are opposite to each other. Place them on the ice for three-quarters of an hour, then turn out and dish up on a folded napkin.

**TOMATOES À LA LUCULLUS.**

Take six tomatoes, scoop out the centre, season with salt and pepper, place a little mayonnaise sauce and a pickled walnut in each.

Chop up some hard-boiled yolks of egg, put them in a basin, cover with aspic jelly, stir well, and allow to set in a half inch tin sheet. Dish up the tomatoes, and ornament the dish with small dice of egg aspic.

### STUFFED EGGS À LA RUSSE.

*Œufs farcis à la Russe.*

Take six hard-boiled eggs, remove the shells, cut them crossways; scoop out the yolks, fill in the vacant spaces with caviare, cover over with a little mayonnaise sauce, with which the yolks of the eggs have been incorporated. Procure a few even-sized tomatoes, cut them into slices. Season with chopped parsley, oil, vinegar, salt and pepper. Serve the eggs on slices of tomatoes, and garnish with parsley.

### EGGS, CARNOT STYLE.

*Les Œufs à la Carnot.*

Trim neatly the edges of as many artichoke bottoms as are required, coat them over with some dissolved meat glaze, into which a little aspic jelly has been introduced. Place a dessert-spoonful of chicken purée in the centre of each, Have ready some hard-boiled eggs; cut these crossways into halves, put half an egg in each *fond*, point downwards, place a star of sliced truffle in the centre of the yolks, mask all over with aspic jelly. When set, ornament round each egg with some stiff tartare sauce, which is done best by means of a paper cornet. Keep in a cool place until wanted.

**PICKLED EGGS.***(Œufs marinés.*

Unfortunately this pickle is not much known, or else it would be more in general use, as it makes an excellent hors-d'œuvre, and is a splendid relish when eaten with cold meat, etc.

Take some hard-boiled eggs, remove their shells, place them in a jar; boil up some strong malt vinegar; sufficient to cover them. With the vinegar boil the usual pickling spices, cloves, bay-leaves, peppercorns, whole spice, etc. Pour the vinegar over the eggs, tie the jar down tight with a bladder. Serve in thin slices on little glass dishes.

**DUTCH HERRINGS.***Harengs de Hollande.*

These herrings are imported in small tubs, already salted and prepared; they should be washed and soaked in milk before they are used.

Cut off the heads and tails, split them down the centre, divide each half into slices, about half an inch thick. Place them in an oblong dish, ornament with slices of hard-boiled eggs, pour over some vinegar sauce, and serve.

The sauce referred to here is called

**“VINAIGRETTE,”**

and is prepared as follows:—

Mix four tablespoonfuls of salad oil, two of tarragon or ravigote vinegar, chopped parsley, chopped shallots,  $\frac{1}{2}$  teaspoonful of each, pepper and salt. Some chopped gherkins may be added, if desired; it will improve the flavour and the piquancy.

**VEGETABLE MARROW PICKLE.***Aubergine marinée.*

The fruit required for pickling must be quite young, about the size of a large pear. Pierce them in several places, and lay them into strong cold salt of brine for about two hours; strain them and place them into jars. Boil up some malt vinegar, sufficient to cover the fruit in the jars, adding to every quart of vinegar two finely chopped shallots, ten cloves, ten black peppercorns, six whole pimentoes, four long peppercorns, four red chillies, and three bay leaves. Pour the vinegar over the fruit when hot, and tie the jars over. French aubergines are best adapted for pickling purpose. Small young cucumbers done in this style make also a welcome change. Serve in slices or quarters on little glass or china dishes.

## Sandwiches.

There is nothing more relishing than a really good sandwich. Unfortunately, at some of the buffets, at restaurants and railway stations, they do not bear the best of reputation. Some people have the notion that so long as there is meat between the slices of bread, that is all they need trouble about. Tasty and temptingly prepared sandwiches are not more expensive, and only require a little more care and attention than coarsely cut and dry-looking sandwiches, which give the guest a shudder to look at.

The bread, the butter, and especially the seasoning, require the most careful treatment for the preparation of sandwiches, the various ways of which I will now endeavour to describe. Everybody knows, more or less, how to prepare sandwiches. Those made with new bread are considered superior, and when the crust is left on them they appear less clammy. It is, however, best to use one day old tin loaves, as the appearance of the sandwiches is much neater than those cut from new bread. They are composed of certain ingredients, introduced between two slices of buttered bread. The slices should not be cut thicker than about an eighth of an inch. The butter must be spread on evenly and thinly. Whatever the meat used for sandwiches is, let it be well cut, free from skin

or gristle, and seasoned with salt, pepper, mustard, etc. The crust of the bread should by rights be pared off before the slices are cut.

Sandwiches, as a rule, are dished up on folded napkins, and are dressed in circles, so that one overlaps the other. It is well to lay a damp napkin over the sandwiches, if they are not immediately wanted, in order to keep them moist.

Among those in ordinary use are sandwiches made of ham, beef, tongue, mutton, veal, chicken, game, various kinds of potted meat, fish pasties, sausages, pickles, hard-boiled eggs, etc.

#### SUPERIOR SANDWICH BUTTER.

Weigh half-a-pound of butter and work it in a basin with a wooden spoon until soft, then add gently a gill of whipped cream, a little salt and mustard to taste, and place it in a cool place until required.

This butter is considered a great improvement for buttering the bread for sandwiches, as it is more convenient for spreading, and the sandwiches eat far better than those made with ordinary butter. This butter will keep from two to three weeks if kept on the ice, or in a very cool place.

#### HAM SANDWICHES.

##### *Sandwich de Jambon.*

Cut some slices of stale bread, about an eighth of an inch thick, butter them thinly, and cover half the slices with thin slices of ham, spread a little mixed mustard over the ham; and place a slice of bread and butter over each. Press them together firmly, and cut them into neat pieces.

Dish them up neatly on a folded napkin, and garnish with parsley.

### **TOMATO SANDWICHES.**

#### *Sandwiches aux Tomates.*

Very appetizing and nutritious sandwiches can be made from concentrated tomatoes (tomato paste). Cut two slices of thin bread and butter, and spread a little of the tomato paste over one of the pieces, with a little mustard, pepper and salt; press the other slice of bread and butter upon it, remove crust, cut into neat pieces, and serve as above.

*Note.*—Slices of skinned ripe tomatoes introduced instead of tomato paste make also very nice sandwiches.

### **CHICKEN SANDWICHES.**

#### *Sandwiches de Volaille.*

Cut the flesh of some cooked fowl into neat slices, lay these between slices of buttered bread, trim, press, and cut into eight parts; dish up in a circle. Place some finely shred lettuce leaves and small cress in the centre, and serve. The meat should be seasoned with pepper and salt, before it is made up into sandwiches.

### **GAME SANDWICHES.**

#### *Sandwiches de Gibier.*

Cut the flesh of any kind of cooked game into neat slices, and prepare the sandwiches as above described.



### ADELAIDE SANDWICHES.

Cut some neat slices of chicken and ham, spread some thin slices of bread, butter well, spread with a thin layer of curry paste, and make up into sandwiches in the usual way.

### HAMBURG SANDWICHES.

Cut some thin slices of German smoked ham sausages, butter some slices of bread, spread with a little made mustard, and a thin layer of sliced gherkins. Lay the slices of sausage between two slices of bread, and proceed in the usual way.

### ANCHOVY SANDWICHES, NELSON STYLE.

*Sandwiches d'Anchois à la Nelson.*

Scrape and bone ten Gorgona anchovies, pound them in a mortar with a little fresh butter, the yolks of three hard-boiled eggs, a small quantity of curry powder, a little cayenne, and two table-spoonfuls of grated Parmesan cheese.

Cut some round slices of bread, about two inches in diameter, and an eighth of an inch in thickness; butter one side of them, spread the mixture over each, press the two covered sides together, trim, and serve on a folded napkin. Garnish with parsley and radishes.

### HADDOCK AND ANCHOVY SANDWICHES.

*Sandwiches à la Norwègienne.*

Boil some smoked haddock, remove the meat from the bones, pass it through a mincing machine, pound it in a mortar with one-third of its quantity of butter, and one-fourth of anchovy

paste ; add pepper and salt to taste. Warm up in a stew-pan. Stir from time to time, until cold, and use for making the required sandwiches.

### SHRIMP SANDWICHES.

*Sandwiches à la pâte de Crevettes.*

Pound some picked shrimps with a little fresh butter and anchovy essence, until quite fine. Add a little lemon juice, pepper and salt to taste.

Cut some thin slices of brown bread and butter, spread the paste on them, cover with a second slice ; press them together, cut them into different shapes, dish up on a napkin ; garnish with parsley, and serve.

### CAVIARE SANDWICHES.

*Sandwiches au Caviar Russe.*

Cut some thin slices of white or brown bread and butter ; spread some caviare thinly over the slices ; sprinkle with a little lemon juice and a little cayenne pepper. Cover each with a second slice of bread and butter, press them lightly together, and cut them into neat pieces. Serve nicely arranged on a napkin or dish paper.

### CHEESE SANDWICHES.

*Sandwiches au Fromage.*

Make a mixture of cheese (grated) and butter, a small quantity of anchovy paste, salt and pepper to taste. Cut thin slices of bread and butter, spread the mixture over a slice, put another slice of bread and butter on the top, press well, trim, cut into convenient slices and serve.

**FOIE GRAS SANDWICHES.***Sandwiches de Foie gras.*

Turn out a tin or terrine of foie gras, remove the fat, cut into thin slices, taking care not to break the slices. Prepare thin slices of bread and butter; lay the foie gras between two slices, trim, press them, and serve as the above.

**EGG SANDWICHES.***Sandwiches aux Œufs.*

Boil some fresh eggs hard; when cold, pound the yolk and white together in a mortar, with a little fresh butter; add salt, pepper and a little cayenne to taste. Spread the mixture thus on thin cut bread and butter, press well, trim them, cut them into neat pieces, and serve on a napkin, garnished with parsley.

NOTE: Slices of hard-boiled eggs introduced between slices of bread and butter make also nice sandwiches.

**SANDWICHES À LA WELLINGTON.**

Take some cold beef, mutton, or veal, a few turned olives and a small handful of capers. Bone a few anchovies, pass all through a mincing machine with a quarter of a pound of marinated tunny fish. Add two yolks of hard-boiled eggs and a little cayenne pepper. When fine enough, pass the mixture through a coarse wire sieve. Spread this purée on thin slices of brown bread, cover each with another, press together, and stamp them out with a round fancy cutter. Pass the hard-boiled whites of the two eggs through a coarse wire sieve, cover over the surface of the

sandwiches with it. Dish them up in a circular row, place some seasoned endive, or any other crisp salad in the centre, ornament with a few prawns and freshly picked parsley.

### VICTORIA SANDWICHES.

*Sandwiches à la Victoria.*

Have ready some hard-boiled eggs cut into thin slices, some well washed and drained small cress, also some filleted Gorgona anchovies. Cut some slices of brown bread and butter, about an eighth of an inch in thickness. Place between two slices of alternate layers, the slices of hard-boiled eggs, the anchovy fillets, and the cress. Press them together, cut into oblongs or squares, place them on a folded napkin or dish paper, garnish with parsley, and serve.

### FRESH COD'S ROE SANDWICHES.

*Sandwiches aux Laitence des Cabillaud.*

Put half an ounce of fresh butter into a stew-pan, add some finely chopped shallots, or a small onion, and fry until light brown. Have ready some fresh boiled cod's roe and liver, cut into small slices, and put them into the stew-pan, adding some chopped chives and parsley, pepper, salt and a little chilli vinegar to taste. Stir for a few minutes; then pound all in a mortar until fine. Finally, pass it through a wire sieve, and let it get cool. Spread the paste between thin slices of brown bread and butter. A little French anchovy mustard, added between, will improve the flavour. When pressed, trim and cut them into squares or oblongs; dish up on a folded napkin.

**GRUYÈRE CHEESE SANDWICHES.**

*Sandwiches au Fromage de Gruyère.*

Cut some thin slices of bread and butter, spread the buttered sides with a little French mustard, sprinkle thickly with grated Gruyère cheese, season with white pepper, salt and a small percentage of cayenne. Press the two covered sides of slices together, cut them into oblongs, dish up on a napkin or dish paper, and garnish with parsley.

**NEW YORK SANDWICHES.**

*Sandwiches à l'Américaine.*

Put three yolks of eggs into a basin, stir with a wooden spoon, adding a little salt, tarragon vinegar, essence of anchovies, and say about six table-spoonfuls of best salad oil. Add the oil and vinegar only in small quantities, and stir until it becomes quite thick. Beard, trim, and chop up finely about two dozen oysters; season with pepper, salt, cayenne, lemon juice, and work same gradually into the above sauce.

Cut some round French rolls, a day old, into thin slices, butter them; spread the mixture on one slice, cover with another, press them and dish up. The above quantity of oysters should be sufficient to make two dozen small sandwiches.

**SARDINE AND TOMATO SANDWICH.**

*Sandwiches aux Sardines et Tomates.*

Bone some sardines, pound them in a mortar, adding a little fresh butter. Pass through a wire sieve, season with cayenne and white pepper and salt. Skin a few firm ripe tomatoes, cut

them into slices, squeeze a little lemon juice over each. Season with pepper, salt, and a little castor sugar. Cut some thin slices of white or brown bread and butter, spread the paste in order on one slice, and place the slices of tomatoes on the other; lay together, press lightly, trim, and cut up in squares or oblongs. Dish up and garnish with parsley.

### PRINCESS SANDWICHES.

#### *Sandwiches à la Princesse.*

Pound some chicken meat (cooked) in a mortar; when thoroughly fine, add three yolks of hard-boiled eggs, some grated cheese, a little French mustard, tarragon vinegar, salad oil in small proportions, season with salt and pepper. Work all into a smooth paste, and pass through a wire sieve. Cut some thin slices of white bread, butter them, spread the paste between these, close them, and press the slices well together. Stamp them out with a plain oval cutter, about two inches long, dish up *en couronne* on a folded napkin or dish paper, on an oblong or round dish. Garnish with coarsely chopped white of egg, chopped cooked ox-tongue, and freshly picked parsley, and serve.

### ST. JAMES'S SANDWICHES.

#### *Sandwiches à la Saint Jacques.*

Prepare some puff paste, or take the trimmings left from pies or patties. Roll out the paste, about one-third of an inch thick, put a few small pieces of butter, about as big as a haricot

bean, over the surface, half an inch apart, sprinkle with flour. Roll in a thin roll, let it rest for about ten minutes, then roll out again, dredge it with flour, roll it up and fold in three; now roll it out in about three quarters of an inch in thickness. Cut the paste into oblongs, two and a half inches long, and one and a quarter inch wide. Place them on baking sheets, let them stand a few minutes, brush over the surface with egg, and then bake them in a hot oven. When they are done, split them nearly in half, remove a little of the soft paste, and spread in a layer of the following preparation:—Take some cold game, fowl, tongue and ham, pass it through the mincing machine, with a little butter, until very fine; whip a small quantity of cream, also white of egg separately; mix both slowly with the meat paste. Season with a little lemon juice, cayenne pepper and salt. The sandwiches must be filled, while they are warm, and when filled, should be placed in the oven again, for a few minutes, in order to set the stuffing and to seal the sandwiches. Serve hot or cold.

## GROUSE SANDWICHES.

### *Sandwiches de Gibier.*

Pound some meat of cooked grouse or any other bird (roasted or boiled) in a mortar, add a little ground mace, curry paste and chutney, in small proportions; also pepper and salt to taste. Work it well into a smooth paste, which spread between thinly cut slices of bread and butter. Trim and press them together, and cut them into oblongs.



**LUCULLUS SANDWICHES.**

*Sandwiches à la Lucullus.*

Cut the fillets from a capon or fowl, beat them flat, and place them into some sandwich moulds, which put on a buttered baking sheet. Brush the top with some white of egg, cover with a thin layer of slices of tongue, moisten with white of egg, and cover with another layer of fillet. Cover them over with buttered paper, and cook them gently. When done, press each sandwich and stand them in the cool. Remove and clean the moulds, put a little aspic jelly into the bottom of them, lay a sandwich in the centre, and fill up with aspic. Let them set in a cool place, and turn out on a silver or china dish, garnished with parsley.

**ALEXANDRA SANDWICHES.**

Cut the meat off some roast game, when cold, and mince into small pieces; add to this some cooked tongue, ham and truffles, cut into very small discs; mix all with a little hot salmi sauce, containing a small quantity of meat glaze, season with pepper and salt. Place this preparation into a square mould, and set it on the ice to cool. Rasp some small rolls, cut them into slices about one-eighth of an inch in thickness; butter these. Lay a thin slice of the above preparation between the bread and butter, press and trim, dish up, and serve with lemon pickle.

**GLADSTONE SANDWICHES.**

Prepare some very thin slices of toasted bread, lay between the slices alternately some thinly cut



slices of cold pheasant, or partridge, finely shred celery, and remoulade sauce ; dish up on a napkin, and serve.

### SPORTSMAN SANDWICHES.

*Sandwiches à la Chasseur.*

Cut some slices of white bread, about a quarter of an inch in thickness, toast them lightly on both sides, split and butter them, lay between them some very thin slices of roast game, spread a little tartare sauce in which a little French mustard has been mixed, over the meat ; press them together. Pack them in waterproof butter paper, so as to keep them moist, wash and dry a few sprays of endive and small cress, wrap up in butter paper, and pack it with the sandwiches.

### SALMON SANDWICHES.

*Sandwiches de Saumon.*

Cut some thin slices of white or brown bread and butter, the same as for other sandwiches ; lay some thin scallops of boiled cold salmon on the buttered side of the bread. Spread with a little stiff tartare sauce, also a layer of finely shred lettuce ; cover with bread and butter. Cut into squares or oblongs, and serve on a folded napkin or dish paper.

### SMOKED SALMON SANDWICHES.

*Sandwiches au Saumon fumé.*

Cut some slices of bread, about an eighth of an inch in thickness, stamp them out with a round or oval cutter ; butter these lightly, spread a little anchovy paste on the butter, and lay thin slices

of smoked salmon between two of them. Press them together, dish up on a napkin or dish paper, garnish with parsley, and serve.

### CHESHIRE MEAT SANDWICHES.

*Sandwiches au Fromage et Viande à l'Anglaise.*

Take equal quantities of fresh butter, grated Cheshire cheese, a little mustard, and work into a smooth paste, which spread upon thin slices of sandwich bread. Lay on it thin slices of any kind of cold meat, cover with another slice of bread and butter, press, cut into shapes, and serve.

### OYSTER SANDWICHES.

*Sandwiches aux Huîtres.*

Select a few large oysters, boil them up in their own juice, cut off their beards, pound them in a mortar with a little fresh butter and lemon juice, season with cayenne pepper and salt. When cold, spread the paste between thinly cut slices of brown bread and butter; press, trim and cut, and serve as ordinary sandwiches.

### GHERKIN AND EGG SANDWICHES.

*Sandwiches aux Œufs et Cornichons.*

Boil three eggs for fifteen minutes, remove the shells. When cold, pound the yolk of the eggs in a mortar, with a little fresh butter; season with salt and cayenne pepper; chop the white of eggs and four gherkins finely, and mix all together into a paste. Cut some thin slices of bread and butter, spread the paste between two slices, divide them into small oblongs or squares, dish up on a folded napkin, garnish with parsley, and serve.

**SALAD SANDWICHES.**

Prepare some shred lettuce, watercress and mustard and cress ; mix lightly with mayonnaise sauce, lay thinly between some thin slices of bread and butter. Press the slices well together, cut them into neat pieces, and serve.

**PRINCE GEORGE SANDWICHES.**

Mince some cold game very finely, mix it with a little stiff salmi sauce, a chopped truffle and a chopped mushroom; incorporate sufficient dissolved meat glaze to form a smooth paste. Cut some large milk rolls into slices an eighth of an inch thick; butter these lightly; spread over half the slices with a layer of the minced game, covering each with the other halves; press, trim a little, dish up on a folded napkin, garnish with sprigs of watercress, and serve.

**MILAN SANDWICHES.**

Prepare some thin slices of slightly toasted and buttered bread, spread with a layer of stiff tartare sauce ; lay upon this some slices of cooked game and some finely shred celery. Place two together, trim neatly, cut into desired pieces. dish up in a circle. Garnish the dish with aspic jelly cut into dice, and small salad.

## Savoury Dishes of fish.

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### FISH FRITTERS.

#### *Beignets de Poisson.*

Remove the skin and bones from any kind of cold fish, put the picked pieces of fish in a basin, add a piece of soft butter and some bread crumbs, season with pepper, salt, grated nutmeg and peel of lemon; moisten with beaten eggs. Mix all well together, shape into neat pieces, dip in egg, bread crumb and grated cheese, place in a wire basket, and fry in hot fat or butter. Garnish with fried parsley.

### SMOKED FISH FRITTERS.

#### *Beignets de Poisson fumés.*

Remove skin, and bones from some smoked fish, —bloater, haddock, salmon or kippered herring; cut it into nice pieces, season with white pepper and cayenne. Dip in some prepared frying batter, fry in hot fat or butter until crisp, drain well on a cloth, dish up on a folded napkin, garnish with fried parsley, and serve.

### SAVOURY KEDGEREE.

#### *Kedgerie de Poisson.*

Melt a piece of butter in a stew-pan, add a handful of boiled rice and the same quantity of

flakes of any remains of white cold fish, and two hard-boiled eggs, finely chopped. Season with salt, pepper, and a little cayenne, moisten with a little maitre d'hôtel sauce, stir over the fire until thoroughly hot, dress on small squares of buttered toast on a dish, sprinkle with coarsely chopped hard-boiled yolks of eggs and finely chopped parsley, garnish with shreds of hard-boiled white of egg, and serve.

### SALMON AU GRATIN.

#### *Saumon au Gratin.*

The remains of some cooked salmon is picked carefully from the bones and skin, whilst warm. Break the fish into flakes or small pieces, season with pepper and a little cayenne, moisten with some béchamel sauce, mix with a little grated Parmesan cheese and bread crumbs; arrange neatly on a buttered gratin dish. Sprinkle all over with grated Parmesan cheese and fine bread crumbs, place a few small bits of butter on the top, bake in a hot oven until light brown, and serve on the same dish.

### LOBSTER AU GRATIN.

#### *Homard au Gratin.*

Split a fresh-boiled lobster into halves, take out the fish carefully, so as not to break the shells, break the claws, and take out the meat. Mince up the fish, put it in a stew-pan with a piece of butter, moisten with a yolk of egg and white sauce, season with salt, pepper and cayenne, stir over the fire for a few minutes. Fill the shells with the mixture, sprinkle the top with bread crumbs, brush over with oiled butter, bake in a hot oven

until brown, dish up on a folded napkin, garnish with fresh parsley, and serve.

### SCOLLOPED LOBSTER.

*Coquilles de Homard.*

Chop up some lobster meat, put it into a stew-pan with a little white sauce, a small piece of butter and one ounce anchovy paste; season with salt, pepper, nutmeg, cayenne and lemon juice; stir over the fire for a few minutes, mix with two yolks of eggs, fill some shells with this, cover over with fried bread crumbs, brown with a salamander, dish up on a folded napkin, garnish with crisped parsley, and serve.

### SALMON FRITTERS.

*Beignets de Saumon.*

Put half a pint of water in a small stew-pan, set it on the fire with one ounce of butter. When the latter is dissolved add a tablespoonful of grated cheese, and work in about half an ounce of sifted flour. Stir well over the fire until the paste loosens from the sides, then add one by one three eggs, and a pinch of salt. Flake some cooked salmon, season with salt and pepper, shape into small balls about the size of walnuts, dip these in the prepared batter, fry slowly in hot fat or lard, until of a light brown colour. Drain and serve.

### DEVILLED LAX IN CRUSTS.

*Croûtes de Lax à la Diable.*

Cut six very small French rolls in halves, scoop out the crumb, place them in the oven to get

crisp. Have ready a large tin of lard, divide carefully into flakes, put it into a stew-pan with two pats of butter, a teaspoonful of chopped parsley, one of chopped shallots, a pinch of cayenne, and one teaspoonful of curry powder; allow it to get thoroughly hot, fill the bread crusts, glaze over each with some dissolved meat extract, place a few strips of lard over each in the lattice-work fashion, and serve hot.

### DEVILLED SHRIMPS IN CRUSTS.

*Croûtes de Crevettes à la Diable.*

Proceed the same way as the foregoing recipe, and substitute the lard with as many picked shrimps as are required to fill the crusts. Reserve one large shrimp for placing in the centre of each croûte, and garnish with parsley.

### CURRIED PRAWNS.

*Écrevisses à l'Orientale.*

Skin about thirty prawns, fry a small sliced onion in three ounces of butter, stir in one ounce of flour and one dessertspoonful of curry powder, moisten with half a pint of milk, and let it boil for ten minutes; then add the prawns, and the juice of half a lemon, boil gently for another ten minutes, and serve with boiled rice.

### DEVILLED SALMON (SMOKED).

*Saumon fumé à la Diable.*

Place some whole meal or water biscuits into best salad oil to soak for a few minutes; dust with salt, cayenne, and black pepper. On both sides

toast the biscuits over a gridiron; place upon the biscuits some thinly cut slices of smoked salmon, cover these with a thin layer of devilled paste or butter, place them in a hot oven for a few minutes. Dish up, and serve as hot as possible.

### DEVILLED CRABS.

#### *Crabe aux Œufs à la Diable.*

Dissolve three ounces of butter in a stew-pan; add a tablespoonful of flour; stir over the fire for a few minutes; moisten with a little white stock, and four tablespoonfuls of cream; add a boiled onion, finely chopped. Season with salt, pepper, grated nutmeg, and cayenne. Have ready the meat of a crab, mix it with the sauce, boil up, stir in a raw egg, and stir until it thickens, then pour on a flat dish to cool. Fill the mixture into the back shells of the crabs, brush over with oiled butter and egg, cover with fine bread crumbs, bake in a hot oven until light brown. Dish up on folded napkins, garnish with parsley, and serve.

### CANAPÉES OF CRAB, CURRIED.

#### *Canapées de Crabe à l'Indienne.*

Remove the white meat and bed from the shell of a crab, pound it in a mortar with a piece of butter, about the size of a walnut. Season with salt, pepper, lemon juice, nutmeg, mustard, and cayenne; moisten with a little tarragon vinegar. Add a small handful of fried bread crumbs. Have ready some small rounds of fried bread, scooped out



in the centre to take the stuffing, of which put a tablespoonful in each. Mask the top with a thick curry sauce, sprinkle over with bread crumbs, bake for a few minutes, and serve.

### SAVOURY CRAB WITH TOMATO SAUCE.

*Ragout de Crabe à la Tomate.*

Break up a boiled crab, separate all the meat from the shell and claws. Put the meat into a stew-pan with a handful of soft bread crumbs, four tablespoonfuls of tomato sauce, the juice of half a lemon, the rind of half a lemon finely chopped, season with salt and pepper, add a wine-glassful of white wine or sherry. Let all simmer over the fire, whilst stirring, for ten minutes; add a small piece of fresh butter, bring once more to the boil, turn out on a deep dish; garnish the dish with fried bread croûtons and rings of lemon, and serve.

### SAVOURY OF DRIED HADDOCK.

*Savoureux de Merluche fumée.*

Remove all skin and bones from a large boiled dried haddock, pound the flesh in a mortar, and mix with it two ounces grated Parmesan cheese, a teaspoonful of chopped parsley, pepper and salt, and three yolks of eggs. Shape the mixture into small balls, and fry them in boiling butter or lard; serve on small squares of toasted or fried bread, and garnish with fried parsley.

### HADDOCK FRITTERS.

*Beignets de Merluche fumée.*

Remove skin and bones from a kippered haddock, cut it into pieces about an inch long, dip

them in rather thick *beignet* or frying-batter; fry in boiling lard or fat, but see that the same is not too hot, as the fritters will require quite fifteen minutes to cook. When done, drain on a cloth, dust with salt and a little cayenne, and serve very hot.

### FILLET OF BLOATERS ON TOAST.

*Filets de Harengs fumé sur Croûtes.*

Skin, split and bone four nice bloaters; cut into neat fillets, brush over with oiled butter, and broil over a quick fire. Have ready some freshly made toast, butter well, sprinkle with grated Parmesan cheese; cut into neat strips, and place one fillet on each; pass a few minutes in the oven, dish up; garnish with parsley, and serve.

### SARDINES WITH POACHED EGGS.

*Sardines aux Œufs pochés à l'Allemande.*

Cut some slices of bread about one-third of an inch in thickness, trim into equal-sized oval shapes. Beat up an egg with a little milk, and dip the bread slices therein; fry them in butter a delicate brown colour. Arrange the slices round the edge of a dish, to form a border, as explained below. Mince the yolks of four hard-boiled eggs, put these in a stew-pan with a small piece of butter, flavour with chopped parsley, beetroot, tarragon, and the juice of half a lemon; add a dessertspoonful of prepared mustard, one of chopped capers. Stir over the fire for a few minutes, thicken with a small quantity of fine bread crumbs. Mask some freshly poached eggs with this, and place them in the centre of the dish. Ornament the

tops with fillets of sardines; spread one-half of the sippets with the remainder of the mixture, and the other half with some sardine paste; lay them round the dish, so that one slice rests on the edge of the other, thus forming the border; dust well with cayenne. Place the dish in the oven for a few minutes to get thoroughly hot, and serve quickly.

### SARDINE CANAPÉES.

#### *Canapées de Sardines.*

Cut some slices of bread, trim these into finger shapes, fry in butter to a nice yellow colour. Bone twenty-four sardines, pound half the quantity in a mortar, with an ounce of butter and two yolks of eggs; season with pepper, mustard, chopped chives, parsley, and tarragon; spread the mixture over the fried bread. Lay one of the remaining sardines on each finger, place in the oven for a few minutes, dish up, garnish with crayfish tails, slices of gherkins, and pickled beetroot, and serve.

### GRILLED SARDINES IN PAPER CASES.

#### *Sardines grillées en Papilottes.*

Drain and wipe twelve large sardines; dip them carefully in oiled butter; sprinkle with a little salt and cayenne, roll in a mixture of chopped mushrooms and parsley. Wrap each in a piece of thin buttered paper, twist the ends neatly, place on a baking sheet in the oven until hot; dress on fingers of toasted bread, in the papers; garnish with parsley, and serve.

**BROILED SARDINES WITH HAM.***Sardines au Jambon.*

Prepare a dozen large sardines, as in foregoing recipe; dip them in oiled butter, roll in a mixture of two parts of finely chopped cooked ham, and one part of grated Parmesan cheese; lay the sardines on slices of buttered toast, dust with a little cayenne; put them in the oven to get hot, dish up, garnish with parsley, and serve.

**SARDINES À LA PROVENÇALE.**

Cut some neat fingers of bread, fry them in clarified butter and drain them. Clean a quantity of sardines, put one on each finger; dish up on a round dish, in the form of a lattice-work; place the dish in the oven for a few minutes to get thoroughly hot; have ready a sauce made with three yolks of eggs, well beaten, a small piece of butter, a tablespoonful of cream, a few drops of essence of anchovy, and a tablespoonful of finely chopped boiled onions, salt, pepper and cayenne to taste. Stir this over the fire until it thickens, pour over the dish of sardines, sprinkle with a few drops of meat glaze, and serve.

**DEVILLED SARDINES.***Sardines à la Diable.*

Choose ten or twelve nice sardines, drain and wipe them, sprinkle with mustard and cayenne. Broil in a little butter on both sides; serve on fingers of buttered toast.

**SARDINE CROUSTADE, WITH CHEESE.**

*Croustade de Sardines, au Fromage.*

Pound six sardines (boned) in a mortar, with a handful of grated cheese; season with salt, pepper, and chilli vinegar; add one egg, and a few finely chopped cooked bearded oysters; fill the mixture in some small fried bread crusts, cover with hard-boiled yolks of eggs, previously rubbed through a sieve; put in the oven for a few minutes before serving, to get thoroughly hot. Dish up on a folded napkin, and garnish with fried parsley.

**SARDINES WITH CHEESE.**

*Sardines au Fromage.*

Drain and wipe a dozen sardines, split them in halves, remove the bones, dip in warmed butter, roll in grated cheese, place the fillets on fried bread croûtons; set them in a hot oven for a few minutes, and serve when quite hot.

**ANCHOVY FINGERS WITH CHEESE.**

*Croûtons d'Anchois au Fromage.*

Pound six filleted anchovies with a piece of butter in a mortar, add a teaspoonful of curry powder, three yolks of eggs, and a tablespoonful of grated Parmesan cheese, warm up the whole in a stew-pan. Prepare some square pieces of toast, about half an inch thick, split it open like a muffin; spread the mixture thickly between the inside of the toast, sprinkle with Parmesan cheese, season with a little cayenne pepper, press two slices together, cut them into fingers, which place in a hot oven for a few minutes. Dress them on a dish, in the lattice-work fashion, garnish with fresh parsley, and serve.

**FRIED ANCHOVIES.***Anchois frits.*

Prepare a frying batter with flour, a tablespoonful of oil, and half a glass of white wine; mix well. Cleanse and wipe a dozen Gorgona anchovies, dip them in the paste, and drop one by one in boiling fat or lard; fry to a nice brown colour, drain on a cloth. Serve on a folded napkin, on a dish, and garnish with fried parsley.

**ANCHOVY TOAST, No. 1.***Croûtons d'Anchois à l'Anglaise.*

Melt a piece of butter, the size of a walnut, in a stew-pan, add a teaspoonful of anchovy paste, and two yolks of eggs, well beaten. Stir until quite hot, taking care not to let it boil; pour this over some prepared hot buttered toast, dust with cayenne, and serve.

**ANCHOVY TOAST, No. 2.**

Mix the yolks of two hard-boiled eggs with two teaspoonfuls of anchovy paste, rub through a sieve, spread it on some thickly buttered slices of toasted bread, and serve as hot as possible.

**ANCHOVY ÉCLAIRS.***Éclairs d'Anchois.*

Scrape, wipe and bone ten Gorgona anchovies, roll out some short paste or remnants of puff paste, very thin, enclose each fish neatly in the paste. Place them on a baking sheet, brush over with beaten egg, sprinkle some grated Parmesan cheese and a pinch of cayenne pepper over each; bake in a quick oven for ten minutes, and serve.

**CURRIED ANCHOVY CROÛTONS.***Croûtons d'Anchois à l'Indienne.*

Soak six Gorgona anchovies in cold water, drain, wipe and bone them, put the fish into a mortar, and pound with an ounce of butter, a teaspoonful of curry powder or curry paste, the yolk of a raw egg, mix well. Put it through a sieve, into a stew-pan; stir over the fire until hot. Have ready some rounds of fried bread, spread these over thinly with anchovy paste, cover with the above mixture, and dust with cayenne pepper. Dish up, put the dish in the oven for a few minutes just before serving. Garnish with fresh parsley, and serve.

**ANCHOVY BISCUITS.***Biscuits au Beurre d'Anchois.*

Pound the fillets of six anchovies in a mortar with two ounces of butter, add a pinch of cayenne pepper, a little nutmeg, and a teaspoonful of essence of anchovies; rub through a sieve, spread some round or oblong water biscuits with the paste, place them in the oven to get quite hot; garnish the tops with strips of filleted anchovies, and small sprigs of fresh parsley; dish up on a folded napkin, and serve.

**SAVOURY ANCHOVY TOAST.***Croûtons d'Anchois aux fines Herbes.*

Wash, drain, bone and pound twelve Gorgona anchovies, with a few sprigs of parsley, a small shallot, a sprig or two of chives and tarragon, a dust of cayenne pepper; flavour with lemon juice, moisten with a little sweet oil, spread on hot



buttered toast, which should be cut into fingers. Dish up on a folded napkin or dish paper, garnish with fresh parsley, and serve.

### BROILED OYSTERS.

*Huîtres au Beurre.*

Open, drain and trim a dozen large oysters, dry them on a cloth, dip in oiled butter, season with white pepper, lay the oyster on a hot gridiron over the fire; brown them lightly on both sides. Dish up on small rounds of toasted bread, garnish with crisped parsley, and serve.

### OYSTER BONNES-BOUCHES.

*Bonnes-Bouches aux Huîtres.*

Take six large oysters from the shells, drain and trim them, wrap them up lightly in thin pieces of bacon, fasten each with a small skewer. Stamp out some slices of bread with a circular cutter, fry these in butter to a light colour, grill the oysters in front of a clear fire. When done on both sides, butter the croûtons, place the oysters, neatly trimmed, with the bacon on them, dish up, garnish with parsley, and serve.

### OYSTERS ON TOAST.

*Huîtres sur Pain grillé.*

Open, drain, trim and chop twelve large oysters, season with salt, pepper and grated nutmeg; put them into a stew-pan with a small piece of butter, stir in whilst simmering a tablespoonful of cream and the yolks of two eggs, well beaten. When set, pour the preparation over some slices of buttered toast, and serve.



**FRIED OYSTERS.**

*Huitres frites.*

Open some oysters, trim and drain them, season with pepper, dredge with flour, dip in egg and bread crumbs. Fry in boiling fat or clarified butter, drain on a cloth, dish up on a folded napkin. Garnish with rings of lemon, sprigs of watercresses or parsley, and serve.

**GRILLED OYSTERS.**

*Huitres à l'Américaine.*

Open, drain and trim some large American oysters, dip them in flour, brush with egg all over, crumb in seasoned white bread crumbs. Rub the bars of a gridiron with suet or fat. Grill the oysters on both sides to a golden colour, dish up on a folded napkin or dish paper. Garnish with lemon rings and fried parsley.

**SAVOURY OYSTERS.**

*Huitres aux fines Herbes.*

Take twelve large oysters, drain them on a cloth, trim them, dip in oiled butter, sprinkle all over with finely powdered savoury herbs. When set and nearly cold, egg and bread crumb them carefully. Season the bread crumbs with salt, pepper and chopped parsley before crumbing. Fry in hot fat or clarified butter. Dish up on rings of lemon, garnish with fresh parsley, and serve.

**BROILED OYSTERS, NEW YORK STYLE.**

*Huitres sautés à l'Américaine.*

Take twelve fat oysters, drain and trim them, season with salt and cayenne pepper. Put them

together with their liquor and a small piece of butter into a stew-pan, allow them to get warm ; take out the oysters, put them to drain. Grill the oysters on both sides to a light brown colour, but do not let them get overdone. Thicken the liquor with a little béchamel sauce, season with cayenne and grated nutmeg ; dish up the oysters. Sauce round the dish with the liquor, garnish with sippets of fried or toasted bread, and sprigs of fresh or fried parsley, and serve.

### DEVILLED OYSTERS, STEWED.

*Ragoût d'Huîtres à la Diable.*

Choose twelve fine large oysters, open, drain and trim, chop them rather coarsely, and put into a stew-pan with a tablespoonful of cream, a small piece of butter, and some chopped parsley. Season with salt, pepper, and plenty of cayenne ; stir over the fire for a few minutes, thicken with a spoonful of béchamel sauce, bind with two yolks of eggs, let it remain over the fire whilst stirring, until it sets. Have ready the deep shells of the oysters, cleaned and perfectly dry ; fill them with the mixture, sprinkle with bread crumbs, bake in the oven for a few minutes, dish up on a folded napkin, garnish with parsley, and serve.

### DEVILLED OYSTERS, GRILLED.

*Huîtres grillées à la Diable.*

Open, drain and trim some large oysters, season with salt, pepper and plenty of cayenne. Dip them in oiled butter, put on to a gridiron and broil for about five minutes. Dish up on a round dish, garnish with rings of lemon, fried croûtons, and parsley.

**OYSTER FRITTERS.***Beignets aux Huitres.*

Parboil some oysters, beard them, drain on a cloth, season with salt and pepper; let them stand for ten minutes. Dip in prepared frying batter, fry in boiling fat or lard to a golden colour, drain the fritters on a cloth, dish up in a pyramidal form on a folded napkin, garnish with parsley, and serve.

**LITTLE OYSTER SOUFFLÉES.***Les Petites Soufflées d'Huitres.*

Procure one dozen sauce oysters, blanch and beard them, strain the juice into a basin, and mince the oysters rather coarsely. Dissolve one ounce of butter in a stew-pan, add an ounce of flour, stir until the flour is cooked; add rather more than a gill of hot milk and the oyster liquor, stir well, season with salt and cayenne, strain through a fine sieve or strainer, and return to the stew-pan. Now add the minced oysters, and stir in gradually two yolks of eggs; stir over the fire until the eggs begin to set. Remove the stew-pan from the fire, beat up three whites of egg to a stiff froth, and mix gently with the preparation. Fill up some soufflée cases about three parts full, sprinkle a few fried bread crumbs on top of each, also a few drops of oiled butter, and bake in a moderate oven from ten to twelve minutes.

**OYSTERS IN THEIR SHELLS, DUMAS  
STYLE.***Coquilles d'Huitres à la Dumas.*

Dissolve two ounces of butter in a stew-pan, add a teaspoonful of chopped parsley and a dessert-

spoonful of chopped morels; put in one dozen trimmed oysters with their liquor, season with a little salt, a pinch of cayenne and a pinch of grated nutmeg. When the oysters are warm add one hard-boiled egg cut into slices. Allow the whole to simmer for five minutes, and fill the oyster shells with this. Cover each with a mixture of fresh bread crumbs and Parmesan cheese, and sprinkle with a few drops of oiled butter; colour them with a hot salamander, dish up, garnish with parsley, and serve quickly.

### OYSTER CROQUETS, WELLINGTON STYLE.

*Croquettes d'Huîtres à la Wellington.*

Chop finely half a pound of the inside of cooked loin of mutton with a quarter of a pound of beef suet, parboil half a pint or more of sauce oysters, dress, trim, and chop likewise. Mix with the mutton and suet, season with salt, pepper, ground mace, cayenne, and lemon juice; add one raw egg, well beaten, and some chopped parsley. Shape into balls, or cork shapes; egg and bread crumb them, fry in hot fat or clarified butter, drain on a cloth, dish up, garnish with fried parsley, and serve.

### OYSTER CRÉPINETTES.

*Crêpinettes aux Huîtres.*

Blanch a dozen or more oysters in their own liquor, strain and trim them, and cut into small slices. Dissolve a small piece of butter in a stewpan, stir in an ounce of flour, add the oysters, season with pepper, salt, and grated nutmeg, flavour with some lemon juice and chopped pars-

ley ; stir over the fire for a few minutes, thicken with two or three yolks of eggs. Spread the mixture on a dish to get cold. When quite cold, divide it into neat oblong shapes, wrap these up tightly in thin slices of bacon, or pig's caul. Dip one by one in prepared batter, fry them in hot lard or fat to a light brown colour, drain well on a cloth, dish up on a folded napkin, garnish with parsley, and serve.

### OYSTER PATTIES, CORDON ROUGE.

*Petits Pâtés d'Huitres à la Cordon rouge.*

Line some small deep patty pans with puff paste, put a teaspoonful of cream in each, sprinkle with chopped parsley and a little tarragon and chervil, and season with ground mace, cayenne, and grated nutmeg to taste. Put two whole oysters, trimmed, in each of the patties, sprinkle with a little finely chopped lemon rind and some lemon juice, moisten with a little white wine, cover with some bread crumbs, garnish the tops with a ring of puff paste, place on baking sheets, and bake in a quick oven. Serve as soon as they are done on a dish garnished with sprigs of water-cresses.

Great care should be taken so as not to allow the gravy to dry away, which is most delicious if served quickly.

### FRIED FROGS, FRENCH STYLE.

*Grenouilles frites à la Française.*

Procure about two dozen dressed frogs of even size, pare off the feet, wash well and dress neatly, which is best effected by inserting the stump

end of each leg along the shin of the other leg. Wipe them with a cloth, place them on dish, season with pepper and salt, sprinkle with a little chopped parsley, olive oil, and lemon juice. Stand the dish on the ice for half an hour. Have ready some frying batter; dip each into the batter, and fry a nice light brown in hot fat or clarified butter; drain, dish up, garnish with fried parsley, and serve.

### ANGELS ON HORSEBACK.

*Les Anges à Cheval.*

Stamp out some round pieces of bread, about a quarter an inch thick and two inches in diameter, fry them a nice light colour in clarified butter, spread over one side with anchovy paste. Place on this a piece of crisp, streaky bacon, the same size as the croûtons. Trim and beard as many oysters as you have croûtons, place one on top of each prepared croûton, sprinkle with oiled butter, a few drops of lemon juice, and a little chopped parsley. Dust with cayenne pepper, and set in a hot oven, just long enough to warm the oyster through. Dish up in rows, pour the oyster liquor previously heated round the croûtons, and serve quickly.

Another way is to wrap each oyster, after being seasoned, in a thin small slice of bacon, when they are put on skewers and grilled over a clear fire; they are then placed on rounds of buttered toast, and served.

### COCKLE PATTIES, AMERICAN STYLE.

*Petites Bouchées de Bucardes à l'Américaine.*

Put as many prepared cockles as you require into a stew-pan, add sufficient rich white sauce

to cover the cockles, season with cayenne and salt, add a little essence of anchovy to flavour. Let all simmer for a few minutes, and fill up some patty-cases, which have been previously lined with puff paste crust. Bake in a moderate oven, and serve.

### KIPPERED HERRING, SCOTCH STYLE.

*Hareng fumé à l'Ecoissaise.*

Cut off the head and tail of smoked herrings, dust both sides with flour, spread on a well-greased gridiron and broil over a sharp fire. Season with black pepper, dish up and serve with a small piece of butter on each fish.

*Yarmouth bloaters* are prepared in the same manner. After they have been split down the back, a thick captain's biscuit or a brown bread biscuit, made hot, is usually served with either.

### SMOKED HERRINGS BRUXELLOISE.

*Harengs fumés à la Bruxelloise.*

Skin, split and bone four smoked herrings, place the fillets in a well-buttered saucepan, sprinkle with chopped mushrooms, parsley, chives, savoury herbs and shallots; season with white pepper and cayenne. Put a few small pieces of butter here and there on the fillets, strew over some fine bread crumbs, broil in the oven until done. Dish up neatly on a dish, garnish with slices of lemon and water-cresses.

### FILLETS OF BLOATERS WITH CHEESE.

*Filets de Harengs fumés au Fromage.*

Skin two large-sized bloaters, split them down the back, remove the fillets from the bones, place



them on the gridiron, over, or before the fire, and broil until nearly tender; then dip them in oiled butter, crumb in grated Parmesan cheese. Have ready some hot buttered pieces of toasted bread, cut them in convenient shapes, place a fillet on each, put them on a dish, sprinkle with a few fried bread crumbs, place in a hot oven for a few minutes, dish up, garnish with parsley, and serve.

### HERRING FRITTERS, ALLEMANDE.

*Beignets de Filets de Harengs à l'Allemande.*

Skin and fillet two smoked herrings, cut these into neat pieces, put them in a deep dish, season with pepper and lemon juice, moisten with a little oil, prepare a thick batter with flour, eggs and milk; drop in the pieces of fillets, fry them in boiling fat or lard to a light brown colour, dish up on a folded napkin, garnish with fried parsley, and serve.

### SMOKED COD'S ROE CROUTONS.

*Laitence de Cabillaud fumé sur Croûtons.*

Soak the cod's roe in a *marinade* or water for a few hours, wipe, dry, and cut into slices; broil these lightly in butter. Have ready some rounds of fried bread, place the slices of roe on them, dish up on a dish, sprinkle with white pepper, a little cayenne, and the juice of half a lemon; garnish with parsley, and serve.



## Savoury Meat Dishes.

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### MEAT CROQUETS.

#### *Croquettes de Viande.*

Croquets, or savoury rolls, can be made from the remains of any kind of cold meat—mutton, veal, beef, pork, poultry, or game. Free the meat from bone, fat or gristle, mince it very finely, season with salt, pepper, spice and savoury herbs; add a handful of soft bread crumbs to a pound of meat; two eggs, well beaten, and sufficient béchamel sauce to form a salpicon. Spread the mixture on a dish and set to cool. Shape in any desired forms, dust with flour, egg and bread crumb them; let them stand for a short time, then fry in fat or lard to a light brown colour.

Drain on a cloth, dish up on a plain napkin, garnish with fried parsley, and serve.

### CHICKEN CROQUETS.

#### *Croquettes de Volaille.*

Take the remains of any fowl or turkey, remove carefully all the skin and gristle, pick the meat from the bones, mince it up finely with half the quantity of ham and tongue; add a handful of white bread crumbs. Melt a piece of

butter in a stew-pan, fry in it a finely chopped shallot. Stir in the mince, season with pepper, salt and grated nutmeg, add a little béchamel or any other white sauce, the yolk of two or three eggs, according to the quantity used. Stir over the fire until it sets. Pour out on a flat dish, and set to cool. When cold, form some shapes of balls, cutlets, or corks, all of even size, dip them in egg and bread crumbs, fry in clarified fat, drain, dish up on a napkin or dish paper, garnish with parsley, and serve.

### SAVOURY MEAT ROLLS.

#### *Petits Pâtés de Viande aux fines Herbes.*

Mince up finely the remains of any cold meat, freed from fat, skin and gristle, together with a proportionate quantity of ham or tongue. Season the mince with salt, pepper and grated nutmeg, moisten with a little sauce. To each half pound of meat take a pound of mashed potatoes, mix with a little flour and a yolk or two of eggs, to form a stiff paste. Roll out the potato paste about a quarter of an inch in thickness, cut it into oblong pieces, about four inches long, and two inches across. Put a dessertspoonful of the minced meat upon each piece, sprinkle with a little chopped parsley; turn over the paste, so that the edges overlap, press down the ends firmly, brush the tops with beaten eggs, sprinkle with crushed vermicelli. Place the rolls on a buttered baking sheet, bake in a hot oven until of a light brown colour, dish up neatly on a folded napkin or dish paper, garnish with parsley, and serve.

**CHICKEN CROUSTADES.***Petites Croustades de Volaille.*

Prepare a salpicon of minced chicken or turkey, and ham or tongue, with a stiff white sauce. Have some small French rolls cut in halves lengthways; scoop out some of the soft parts of the interior, insert the chicken salpicon. Cover over with a little white sauce, sprinkle with fresh bread crumbs, chopped parsley and grated Parmesan cheese; brush over with oiled butter. Place in the oven for twenty minutes, dish up, and serve as hot as possible.

**VENISON CROQUETS.***Croquettes de Chevreuil.*

Mince finely some slices of cold venison; to each half-pound of meat add a quarter of a pound of mashed potatoes, two ounces of fine bread crumbs, a tablespoonful of chopped parsley, a minced shallot, and some savoury herbs. Season with salt and pepper, mix with three yolks of eggs; stir over the fire with a piece of butter, to form a salpicon; set it to get cold. Then form into croquet shapes, egg and bread crumbs, fry in boiling fat or lard, drain, dish up on a folded napkin, garnish with fried parsley, and serve with a *poivrade sauce*.

**VENISON RISSOLES.***Rissoles de Chevreuil.*

Roll out some puff paste or second paste, stamp out circles; lay a teaspoonful of prepared venison salpicon in the centre, brush the edges with beaten

egg or water, fold over to form a half-circle, press the edges together; brush over with egg, crumb with bread crumbs, or crushed vermicelli; fry in fat to a light brown colour, dish up, garnish with parsley, and serve.

### MARROW TIT-BITS.

*Bonnes-Bouches à la Moëlle.*

Take the marrow from two bones, cut it into small dice, put it into a stew-pan with sufficient water to blanch; drain off the water and add a small handful of fresh bread crumbs, a dessert-spoonful of chopped stoned olives, the juice of half a lemon, a teaspoonful of chopped parsley, a pinch of grated nutmeg, and a dust of cayenne. Roll out about half a pound of good puff paste, a quarter of an inch thick, stamp cut some rounds with a circular cutter, about two inches in diameter; place them on a baking sheet, dip a smaller round cutter in hot water and stamp half-way through the paste, to form the lids, brush over with beaten egg, and bake for about fifteen minutes. Cut out the lid, and scoop out the inside whilst warm. Put the above described mixture in a saucepan over the fire, add a gill of brown sauce and a glass of Madeira wine; allow it to boil for five minutes, and fill the cases with it. Replace the lids, dish up in a pyramidal form, garnish with parsley, and serve.

### CHICKEN AND HAM TIT-BITS.

*Bonnes-Bouches de Volaille et Jambon.*

Cut some thin slices of bread, stamp out some rounds with a plain circular cutter, about an inch

and a half in diameter; fry these in clarified butter a light colour, drain on a cloth. Cut half a pound of chicken meat and three ounces of ham into small dice, put it into a stew-pan with one dessertspoonful of curry paste and two tablespoonfuls of white sauce; season with a little cayenne pepper, and bring it to a boil. Spread one side of the rounds of fried bread with this preparation, place two together like sandwiches, and place them on a baking sheet. Prepare a mixture with two ounces of grated Gruyère cheese, one and a half ounce of butter, and a teaspoonful of curry powder; mix it into a smooth paste, and shape as many balls as you have prepared rounds. Place one ball in the centre of each, put them in a quick oven for five minutes, pile up on a dish and serve.

### SAVOURY MARROW.

*Moëlle de Bœuf aux fines Herbes.*

Break up two good beef bones, extract the marrow, cut it into square dice, and put to soak in water for two hours. Bring the pieces to a boil over a quick fire, take them out to drain; dress them on small pieces of buttered toast; break them with a fork, so as to spread the marrow over the surface of each piece of bread; season with salt, pepper, cayenne, and lemon juice; sprinkle with chopped parsley and chives. Dish up neatly, brown a little with a hot salamander, garnish with fried parsley, and serve.

### SAVOURY GAME PATTIES, CORDON ROUGE STYLE.

*Petits Pâtés de Gibier à la Cordon rouge.*

Pound in a mortar some cold game previously freed from bones and skin. Season with pepper,

salt, grated nutmeg, and lemon juice. When fine enough rub through a wire sieve, mix with some rich brown sauce, and bind with one or two raw yolks of egg, according to the quantity. Line some small patty moulds with puff paste trimming, or second paste; fill these with the above mixture, cover them over with a small quantity of whipped white of egg, which has had incorporated some lemon juice. Smooth them over neatly with a knife, bake in the oven to a bright golden colour, dress them on a dish, covered with a folded napkin or dish paper, and garnish with small fried onion rings.

### SMALL GAME SOUFFLÉS.

#### *Petits Soufflés de Gibier.*

Take some cold game, remove all the meat from the bones and skin; put it in a mortar and pound with a small handful of cooked rice, an ounce of fresh butter and half a gill of rich brown sauce, and a teaspoonful dissolved meat glaze. Season with salt, pepper, grated nutmeg, powdered sweet herbs, bind with one or two yolks of raw eggs. Rub all through a sieve; mix in gently the whites of one or two eggs whipped to a stiff foam. Put the mixture in some well-greased timbale moulds, and bake them in a quick oven, turn out on a dish. Sauce round with some game sauce or poivrade sauce, sprinkle with parsley, and serve.

### GAME FRITTERS.

#### *Beignets de Gibier.*

Take a pound of meat from any kind of roast game—grouse, pheasant, partridge, etc.—freed

from skin and gristle, chop up finely with half a dozen mushrooms, three shallots, the rind of half a lemon. Season with salt, pepper, grated nutmeg, sweet thyme and marjoram; mix thoroughly, then add four eggs to form a stiff paste. Shape the mixture into balls, or cork shapes, egg and bread crumb them, or dip in prepared batter, and fry in hot fat or clarified butter. Drain well, dish up on a folded napkin, garnish with fried parsley, and serve.

### **SWEETBREAD PATTIES, ALLEMANDE.**

*Petits Pâtés de Riz de Veau à l'Allemande.*

Blanch one or two small sweetbreads in salt and water, cut into small dice, broil in butter, add some chopped shallots, parsley, a tablespoonful of flour; season with salt, pepper, grated nutmeg, and lemon juice, also a little cayenne to taste; let it simmer for a few minutes. Moisten with a little white sauce, or suprême sauce, fill the mixture into small puff paste cases, put on their covers, dish up on a folded napkin, and serve.

### **GRILLED KIDNEYS INDIAN STYLE.**

*Rôgnons de Mouton à l'Indienne.*

Split the kidneys open, run a skewer through them, to prevent curling when cooking; lard the inside with thin strips of bacon. Season with salt and pepper, brush over with oiled butter, broil them on a gridiron over a bright fire. When done, sprinkle with curry powder, dish up on pieces of toasted bread, remove the skewer, squeeze some lemon juice over each, garnish with sippets of toasted bread, and serve.



**DEVILLED MEATS.***Mets de Viande à la Diable.*

Cut some thin slices of cold meat—the remains of any kind will do—put them in a deep dish, and saturate with the following: a wineglassful of claret, the juice of half a lemon, a teaspoonful of oil, one of chilli vinegar, one of hot Worcestershire sauce, one of mushroom ketchup. Season with a pinch of mustard, some pepper, grated nutmeg, salt, and cayenne to taste. Put a few small pieces of butter here and there on the top. Set the dish in a hot oven for twenty minutes, and serve.

**CROUSTADES OF KIDNEY, REFORM STYLE.***Croûstades de Rôgnons à la Réforme.*

Carve out of stale white bread some small boats, fry them in hot fat to a golden colour, and put them to drain. Slice the kidney finely, season with salt and pepper, sprinkle with a little flour, broil lightly in butter; add a little lemon juice to flavour, fill the fried croustades with the kidney, cover them with some hot white sauce in which the yolk of an egg has been incorporated; dress them neatly on a dish, sprinkle with chopped parsley. Garnish the dish with pickled button mushrooms and slices of gherkins, place it in the oven for a few minutes to get thoroughly hot, and serve.

**SAVOURY SOUFLÉS, SALISBURY STYLE.***Soufflés savoureux à la Salisbury.*

Mince finely about half a pound of any kind of game, freed from skin and bones; add to it an ounce of finely chopped ham. Melt an ounce of



fresh butter in a stew-pan, and fry the mince a little; add four mushrooms, two shallots, all chopped finely; also a teaspoonful of chopped parsley and one large tablespoonful of brown sauce; season with pepper, salt, a pinch of ground mace, and cayenne. Rub all through a wire sieve. Put the mince in a small stew-pan, stir in two yolks and two small chopped truffles; beat the whites of three eggs to a stiff froth, and mix lightly. Fill some paper cases with this preparation, and bake in a moderate oven for about ten minutes; dish up as soon as done, and serve quickly.

#### DEVILLED CHICKEN LIVER.

*Foie de Volaille à la Diable.*

Pound the cooked livers of two turkeys or three fowls, mix it with some prepared mustard, salt, cayenne, a tablespoonful of anchovy essence, and a little butter; work it into a smooth paste, spread on hot buttered toast, hold the salamander over it for a few seconds to get thoroughly hot. Cut it into convenient pieces, dish up, garnish with parsley, and serve.

#### DEVILLED BEEF TONGUE.

*Langue de Bœuf à la Diable.*

Mince up any remains of beef tongue with the fat, season with plenty of white pepper and cayenne, mix with a few chopped mushrooms. Cut some slices of French rolls, toast them lightly on both sides, dip them in a mixture of claret and beaten egg; sprinkle the slices with grated nutmeg and cayenne, lay a heap of tongue on the

top, place a button mushroom in the centre of each, cover over with scalded cream, warm up in a quick oven, dish up and serve quickly.

### TONGUE TOAST.

Chop the remains of a tongue finely, mix with it the yolk of an egg, a little cream, and some chopped parsley, season with a little salt and grated nutmeg, heat up in a stew-pan. Spread this over some slices of hot buttered toast, sprinkle with bread crumbs, cut the slices into fingers of equal sizes, let them brown before the fire. Dish up on a folded napkin, or dish paper, garnish with parsley, and serve.

### HAM FRITTERS.

*Beignets de Jambon.*

Mince some slices of ham with a due proportion of its fat quite fine. Mix with each half a pound of ham, one egg, a small handful of bread crumbs, and a little cream. Season with some white pepper and a little cayenne to taste. Cut some small slices of French rolls, soak them in milk and egg for a little while, fry them lightly in hot butter, drain on a cloth, spread over both sides thickly with the ham mixture, dip in beaten egg and fried bread crumbs. Place them in a wire basket and fry for ten minutes in clarified butter; drain, dish up on a folded napkin, garnish with crisped parsley, and serve.

### SAVOURY HAM PATTIES.

*Petites Bouchées de Jambon.*

Grate half a pound of the lean shank part of cooked ham. Mix with this a gill of whipped

cream, season with pepper, ground mace, and a little cayenne to taste; bind with a yolk of egg. Fill some small puff paste cases with this, place them in a hot oven for a few minutes to get hot through, cover them, dish up on a folded napkin or dish paper, garnish with fresh parsley or sprigs of watercresses, and serve.

### HAM TOAST, No. 1.

*Croûtons de Jambon.*

Mince a quarter of a pound of lean ham quite fine, mix it with a small piece of butter and two yolks of eggs; season with pepper and a little cayenne. Set the mixture over the fire in a stew-pan, stir until it sets, then spread on some slices of buttered toast, cut the toast in convenient pieces, dish up and serve hot.

### HAM TOAST, No. 2.

*Croûtons de Jambon.*

Chop a quarter of a pound of lean ham very fine, put in a stew-pan with a pat of fresh butter, a teaspoonful of chopped parsley, a little chopped chives, and the yolk of one egg, season with white and red pepper to taste, add a teaspoonful of cream, stir it over the fire until it begins to thicken, spread the mixture on some croûtons of toasted bread, dish up in the form of a pyramid. Garnish with parsley and rings of lemon, and serve.

### SAVOURY TOAST (COLD MEAT).

Chop finely the remains of cold beef, mutton, or veal, add a little chopped ham or tongue, put it

into a stew-pan with sufficient white sauce to moisten ; season with salt, pepper, grated nutmeg and a pinch of cayenne, and allow it to get thoroughly hot. Beat up the yolks of two eggs, and add. Stir until it begins to set, but do not let it boil. Have ready one or two slices of buttered toast, well trimmed of crust ; put the mince on it in a heap, smooth it a little with a knife. Beat up the white of one egg to a stiff froth, and cover the top neatly with it ; sprinkle over with a few fried bread crumbs, and a pinch of cayenne pepper. Stand it in a hot oven for five minutes to colour the top, and serve quickly.

### **CROÛTES OF CHICKEN, DEVILLED.**

*Croûtes de Volaille à la Diable.*

Prepare twelve round pieces of bread, about half an inch deep, stamp out the centre with a small plain cutter, scoop out as much crumb as possible. Fry these in clarified butter, and drain on a cloth. Chop about six ounces of cold chicken meat, three ounces of ham or tongue, put it in a stew-pan with half an ounce of butter, a teaspoonful of chopped parsley, a pinch of curry powder, and a dust of cayenne pepper. Heat the mixture over the fire, fill the croûtes, glaze the tops with dissolved meat glaze, put them in a hot oven for a few seconds, and serve.

### **SAVOURY MARROW ON TOAST.**

*Moëlle aux fines Herbes sur Croûtes.*

Extract the marrow out of two beef bones, cut it into small squares of even size, blanch it, strain and drain. Have ready some slices of buttered

toast, spread over with anchovy paste, cut it into neat squares or rounds, place two or three pieces of marrow on each piece of toast, break it with a fork, sprinkle with a mixture of chopped parsley and chives, season with salt and a dust of cayenne pepper. Bake in a quick oven for five minutes. Sprinkle over a few drops of liquid meat glaze, and serve.

### DEVILLED TURKEY.

*Cuisse de Dinde à la Diable.*

Trim the legs of a cold turkey, immerse in oiled butter, sprinkle with cayenne pepper, curry powder, and salt, spread over with a mixture of one tablespoonful of Worcestershire sauce, four of thick white sauce, one of anchovy sauce, and a teaspoonful of made mustard. When set, egg and bread crumb; fry in hot fat or lard, or bake in a quick oven for fifteen minutes; dish up, garnish with parsley, and serve.

## Savoury Dishes of Vegetables.

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### TOMATOES WITH CHEESE.

*Tomates au Fromage.*

Slice some tomatoes, season them with pepper, salt, and a little cayenne. Dip these in white of egg, and crumb with grated Parmesan cheese. Place the slices on a buttered baking sheet or sauté pan, cover them with a piece of buttered paper, and bake for eighteen minutes. Have ready some cooked macaroni, broken up in small pieces, and cooked in milk. Dress the macaroni in the shape of a border on a dish, and pile up the baked tomatoes in the centre; sprinkle the border with finely chopped parsley, garnish with a few small fried bread croûtons, and serve.

### TOMATOES ON TOAST.

*Tomates sur Pain grillé.*

Cut six ripe tomatoes in thick slices, put these in a single layer in a buttered sauté pan or baking-tin, season with pepper and salt, and a little lemon juice; strew some white bread crumbs over them, put a small piece of butter on each of the slices, and bake in a hot oven for fifteen minutes. Prepare some neatly shaped pieces of buttered toast, on which you dress the tomatoes

when baked; dish up, and pour the gravy out of the sauté pan over the dish.

### TOMATOES, GRATIN STYLE.

#### *Tomates au Gratin.*

Scald some tomatoes, peel them, cut them in halves. Rub a gratin dish with a piece of garlic, butter it well, lay the tomatoes in the dish, season with salt and pepper. Strew over them some fine bread crumbs, chopped parsley, and chopped mushrooms. Put a small piece of butter here and there, bake in a brisk oven for about fifteen minutes, and serve.

### TOMATO FRITTERS.

#### *Beignets de Tomates.*

Cut some tomatoes into slices, season with pepper and salt, spread some potted meat—either tongue, ham, beef, or game—on one slice, cover with another. Dip the slices in flour, then egg and crumb them. Place them gently in a frying basket, and fry in hot fat or clarified butter. Drain, and dish up in a heap, garnish with fried parsley, and serve.

### STUFFED TOMATOES, GOURMET STYLE.

#### *Tomates farcies à la Gourmet.*

Take six ripe, even-sized tomatoes, cut off the tops, scoop out the insides, rub the pulp through a fine wire sieve. With this prepare the stuffing, adding two ounces of fresh butter, three table-spoonfuls of fine white bread crumbs, six finely chopped mushrooms, and a little chopped parsley,

or chives. Season with salt, pepper, and cayenne. Stir the mixture over the fire, until warm through, then bind with two yolks of raw eggs and a little cream.

Fill the tomatoes with the stuffing thus prepared. Place them side by side in a well-buttered sauté pan. Strew over some bread crumbs, and bake them in a brisk oven for ten to fifteen minutes. Hold the salamander or a red-hot shovel over them, if not brown enough on the top. Dish them up quickly; sauce round with a piquant sauce, and serve.

### BAKED TOMATOES.

Slice six tomatoes, season with pepper and salt. Place them in a buttered baking tin, sprinkle bread crumbs over them, put a small piece of butter here and there on top. Bake them in a hot oven for about twenty minutes, and serve.

### TOMATOES, REFORM STYLE.

#### *Tomates à la Réforme.*

Cut some strips of larding bacon, cooked ham, tongue, hard-boiled egg, and truffles, the thickness of fine straws, and about an inch and a quarter long. Take some ripe, firm, and even-sized tomatoes, remove the stalks and green parts from them. Lard these with the above cut strips, place them side by side in a buttered sauté pan, bake them in a moderate oven till brown, serve them with poivrade or Perigord sauce (poured over the tomatoes).



**TOMATO SAVOURY.**

*Tomates aux fines Herbes.*

Scald six ripe tomatoes, remove the skin, place them on a buttered sauté pan, and bake until tender; rub them through a wire sieve. Dissolve half an ounce of butter in a stew-pan, in which you fry two fine chopped shallots; add one ounce of finely chopped ham, one dessertspoonful chopped parsley, the tomato mash, one ounce of fresh bread crumbs, and one ounce of grated cheese. Stir all well together over a clear fire, season with salt, white pepper, and a dust of cayenne. Beat up two eggs, add to the mixture, and stir until set. Place on hot buttered toast, sprinkle with grated Parmesan cheese, and serve.

**STUFFED POTATOES.**

*Pommes de Terre farcies.*

Choose some even-sized, red-skinned kidney potatoes, boil them in their jackets, and let them get cold. Mince up finely any kind of cold fish, put it in a mortar with a piece of butter, a spoonful of cream and a yolk of egg. Season with pepper, salt, add a little chopped parsley, and pound well together.

Cut the cold potatoes in halves lengthways, scoop out carefully a portion of each half, insert the prepared stuffing, place two halves together. When filled, dip them in frying butter, and fry in hot fat or clarified butter, drain on a cloth, dish up on a napkin, garnish with crisped parsley, and serve.

**POTATO CROQUETS.***Croquettes de Pommes de Terre.*

Peel and cut into quarters six or more potatoes, boil, drain and mash them thoroughly in the stew-pan. Rub them through a sieve, put them back into the stew-pan, and mix with a little milk or cream, a small piece of butter, four yolks of eggs; season with salt, pepper, and grated nutmeg. Set the stew-pan over the fire for a few minutes. Stir well, and spread the purée on a dish to cool. When cool enough, shape some croquets, roll with fine white bread crumbs; dip each croquet in beaten egg, then in crumbs, and fry them a delicate brown in hot fat or clarified butter. Drain them on a cloth, dish up on a folded napkin, garnish with fried parsley, and serve.

**POTATOES, BONNE-FEMME STYLE.***Pommes de Terre à la Bonne-femme.*

Boil twelve large-sized potatoes in their jackets; when cold, peel and cut them into slices. Put them in a stew-pan with a piece of butter, a pinch of sweet mixed herbs, and half a gill of milk; season with salt, pepper, grated nutmeg, a little chopped parsley and shallot. Let all simmer gently for ten minutes, stirring from time to time, to prevent burning. When ready for dishing up, squeeze the juice of half a lemon over the potatoes.

**POTATO SCALLOPS.***Coquilles de Pommes de Terre.*

Peel and boil twelve potatoes, drain and rub them through a wire sieve; put into a stew-pan.

Stir in a small piece of butter, two tablespoonfuls of cream, a tablespoonful of parsley, two yolks of raw eggs; season with pepper and salt. Butter some scallop shells, dust them with fine bread crumbs, fill the shells with the potato mixture, smooth the top with a knife, brush over with oiled butter, strew over with white bread crumbs and grated cheese. Bake in a quick oven a delicate brown, and serve the shells on a dish with a folded napkin. A piquant or poivrade sauce should be served separately with the scallops.

#### POTATO PANCAKES WITH CHEESE.

*Crêpes de Pommes de Terre au Fromage.*

Grate six large raw peeled potatoes, moisten with a small cupful of milk, mix with three yolks of raw eggs, a piece of butter about the size of a walnut, a handful of bread crumbs; season with salt and pepper. Add a handful of grated cheese and a little flour to make a nice smooth batter. Fry in an omelet pan, with rather more butter than generally used for pancakes. When baked on each side, dust with grated Swiss or Cheddar cheese, fold them, dish up on a folded napkin or dish paper, and garnish with fried parsley.

#### SAVOURY POTATOES, STUFFED.

*Pommes de Terre farcis aux fines Herbes.*

Rasp twelve medium-sized round potatoes, cut off a small piece of the top of one side of the potatoes, scoop out the centre, but be careful not to break them. Next prepare a stuffing with a mixture of bread crumbs, chopped parsley, thyme, chives, and shallot; season with salt and pepper,

moisten with a spoonful of cream and a yolk of egg. Fill the potatoes with this stuffing, place them in a buttered sauté pan, side by side, brush them with oiled butter, and bake them in a moderate oven for twenty minutes.

### CURRIED POTATOES.

*Pommes de Terre au Kari.*

Cut up twelve cold boiled potatoes, slice a large onion, and fry it in a little butter in a frying-pan. Add the potatoes, season with salt, dredge well with curry powder, moisten with a little stock, and the juice of half a lemon. Shake the pan well over the fire, and let it stew for fifteen minutes; then serve as hot as possible.

### POTATO FRITTERS.

*Beignets de Pommes de Terre.*

Boil six good-sized potatoes, mash, and rub through a sieve, mix with half a pint of milk, a little cream, three yolks of eggs, a handful of bread crumbs, a tablespoonful of grated Cheddar cheese, a little flour, a small piece of butter, and season with salt, pepper, and grated nutmeg. Stir up well. Drop from the spoon and fry in clarified butter or fat to a rich brown colour, drain on a cloth, or shake well in a frying basket; dish up on paper or napkin, garnish with crisped parsley, and serve.

### BROILED POTATOES, À LA MAIRE.

*Pommes de Terre à la Maire.*

Choose a quantity of long, red-skinned potatoes, and boil them. Have some cream put in a stew-

pan on the fire, let it reduce to about half its quantity, stir constantly during the time of reducing. Peel and slice the potatoes into rounds, and place them into the boiling cream; let it simmer whilst stirring gently with a wooden spoon, to prevent it from burning. Season with salt, pepper, and grated nutmeg. Just before serving add a few small pieces of butter; in doing so shake the stew-pan well, so as to blend well the potatoes. Stir carefully, so as not to break the slices, otherwise you will spoil the appearance of the dish, which it claims as one of its merits.

This dish is the leading speciality of Maire's restaurant in Paris, and is usually served with that celebrated dish known in Paris as *Fillet à la Maire*.

### POTATO SOUFFLÉS CORDON ROUGE.

*Petits Soufflés de Pommes de Terre à la Cordon rouge.*

Peel and boil six small potatoes, rub them through a wire sieve into a basin, moisten with a little cream or milk. Beat up two ounces of butter, and add to the potatoes, season with salt, pepper, and grated nutmeg; boil half a pint of milk in a stew-pan, add the potatoes, stir well over the fire to a smooth paste, and bind with two raw eggs, well beaten. Allow it to cool. Beat up the yolks of four eggs, mix the whites to snow, and stir gently into the mixture, together with the yolks and a handful of grated Gruyère or Parmesan cheese. Butter some small *dariole* or *tartlet* moulds, line the inside with soft bread crumbs, which must serve instead of a crust. Fill these with the mixture, bake them in a quick oven to a

light brown colour; turn out quickly, dust with finely grated cheese, and serve as hot as possible.

### POTATO RISSOLES.

*Rissoles de Pommes de Terre.*

Peel and boil ten potatoes, drain, and rub them through a wire sieve. Place them in a bowl, add salt, pepper, and grated nutmeg to taste, two yolks of eggs, a tablespoonful of cream, and two of chopped parsley. Beat up till smooth. Make up into rissole shapes, egg and crumb them, and fry in clarified butter or dripping. Drain on a cloth, dish up on a folded napkin or paper, garnish with fried parsley, and serve.

### POTATO BONNE-BOUCHES.

*Bonnes-Bouches de Pommes de Terre.*

Cut a few thin slices of cooked ham; stamp these out with a round tin cutter, about an inch and a half in diameter. Spread over both sides a layer of prepared mashed potatoes, dip them in egg and bread crumbs or frying-batter; fry them in hot fat or butter to a light brown colour, drain on a cloth, and dish up on a folded napkin.

### SAVOURY POTATOES.

*Pommes de Terre à l'Allemande.*

Peel ten medium-sized potatoes, cut them into slices a quarter of an inch thick, parboil and drain them. Cut up two rashers of fat bacon into small pieces, fry these with a small chopped onion, dust with a little flour, stir over the fire until brown. Add a tablespoonful of cream, and a

little white stock to make a smooth sauce. Season with pepper, salt, a pinch of thyme, marjoram, and powdered bayleaf, also a little grated nutmeg. Add the sliced potatoes. Let them simmer until tender; stir occasionally, but be careful, so as not to break the slices. Just before serving stir in a teaspoonful of chopped parsley, turn out on a dish, and serve.

### POTATO SAVOURY, ITALIAN STYLE.

*Pommes de Terre au Fromage à l'Italienne.*

Boil two pounds of potatoes; skin and mash them, pass through a sieve. Sift half a pound of flour into a basin, add the potato purée, and work well with one ounce of butter, one ounce grated cheese, and seasoning. Shape some desired forms, lay them on a sieve to dry. Have ready some boiling water salted, throw in the potato shapes, a few at a time. When done, remove, drain, arrange them on a dish, sprinkle with grated cheese, pour over some oiled butter and a few fried bread crumbs, and serve.

### DEVILLED MUSHROOMS IN CASES.

*Champignons en Caisses à la Diable.*

Wipe and peel six cup mushrooms, cut them up into small dice. Butter some small paper cases, lay a small slice of lemon in each, fill in the mushrooms three parts full. Season with salt, pepper, cayenne, and lemon juice. Spread a layer of potted devilled meat, mixed with a yolk of egg, over each case; brush over with oiled butter, and bake gently for fifteen minutes. Dress the cases on small round fried bread croûtons. Just



before sending to the table, mask the top of the cases with a layer of stiff mayonnaise sauce, sprinkle with cayenne, and serve quickly.

### MUSHROOMS ON TOAST.

*Champignons sur Croûtons.*

Choose twelve large cup-mushrooms, cut off the root ends, peel them, and grill them in butter, or broil. Season the inside with pepper and salt: have ready a dozen pieces of rounds of toast, a trifle larger than the mushrooms; butter these well, place a slice of lemon on each, dress the mushrooms on them, dish up, garnish with sprigs of parsley and watercress, and serve.

### MUSHROOM CROÛTONS.

*Croûtons de Champignons.*

Cut some slices of white bread, stamp out with an oblong fancy or plain cutter, fry them in butter to a delicate golden colour, and set them to drain. Have ready a quart of button mushrooms, peeled and fried in butter; also a mixture of finely chopped beef and ham, moistened with a rich brown sauce. When quite hot, spread the mixture over the croûtons, arrange the mushrooms in a row on each; season with pepper, salt, cayenne, and a little lemon juice. Place the croûtons in a hot oven for three minutes, dish up, garnish with crisped parsley, and serve.

### SAVOURY MUSHROOMS.

*Champignons aux fines Herbes.*

Choose a dozen large cup-mushrooms, peel, wash, and drain them; put them in a bowl on the side



of the stove, season with two table-spoonfuls of olive oil, salt, pepper, and a little lemon juice.

After they have been standing for an hour, broil them in a sauté pan with a little butter, or over the gridiron. When tender, dish them up on a piece of toasted bread, cut in four. Prepare a sauce of oiled butter, chopped parsley, and chives, pour over the mushrooms, garnish with fried parsley, and serve.

### MUSHROOMS, PARISIAN STYLE.

*Champignons à la Parisienne.*

Choose one dozen large cup mushrooms, wash, cut off the stems, and turn them; dry quickly on a cloth. Put one ounce of butter in a stew-pan over the fire; when hot, add one tablespoonful of chopped onions, and one teaspoonful of chopped parsley. Stir a few minutes, and then put in the mushrooms; allow them to broil on both sides: season with salt, pepper, and cayenne. Stew until tender, and serve on hot toast.

### VEGETABLE MARROW FRITTERS.

*Beignets d'Aubergines à l'Anglaise.*

Peel some long green marrows, take out the seeds, and stuff them tightly with a salpicon mixture made of equal proportions of cold ham, tongue, beef, or any other kind of cold meat left, sauce, etc. Season the stuffing with salt, pepper, chopped parsley, sifted thyme and marjoram. Let the stuffed marrows stand for a few hours, then cut into small slices, about half an inch in thickness; dip these in egg and crumb in finely crushed water biscuit or ordinary bread

crumbs ; fry in hot fat or clarified butter, drain on a cloth, dish up on paper or folded napkin, garnish with fried parsley, and serve.

### EGG PLANT OR VEGETABLE MARROW AU GRATIN.

*Aubergines au Gratin.*

Parboil two green marrows or French aubergines, cut them in four, lengthwise, drain them on a sieve. Rub a gratin dish, or small oblong baking tin, with a piece of garlic, and butter well. Place the pieces of marrow neatly on the dish, season with pepper, salt, and a little grated nutmeg ; sauce over with béchamel sauce, strew over with grated Parmesan cheese, lay a few pieces of butter here and there upon them, sprinkle well with fine bread crumbs. Bake in a brisk oven for twenty minutes, and serve.

### SAVOURY VEGETABLE MARROW WITH ONIONS.

*Aubergines à la Provençale.*

Peel a marrow, cut it into small pieces, the same as oranges are divided, trim them neatly ; place them in a saucepan with a small handful of finely sliced onions, spread with butter, season with pepper, salt, grated nutmeg, and a pinch of castor sugar. Moisten with a little white stock, stew gently ; let the sauce be boiled down to glaze, add a pat of butter, a little lemon juice, sprinkle with chopped parsley, and serve.

### VEGETABLE MARROW WITH CHEESE.

*Aubergines au Fromage.*

Peel or scrape the rind of two green marrows, not too large in size ; cut them in quarters, length-

wise ; scoop out the seedy parts, place them in a sauté pan with a piece of fresh butter, season with pepper, salt, and grated nutmeg. Put the pan on the fire for a quarter of an hour, shaking it from time to time ; moisten with a little cream, and add a small handful of grated Parmesan cheese. Dish up the marrow neatly on an oblong dish ; dust with bread crumbs and Parmesan cheese ; place in a hot oven for a few minutes, and serve with a little *piquante sauce* round the dish.

### CUCUMBERS, MAITRE D'HÔTEL STYLE.

*Concombres à la Maitre d'Hôtel.*

Scrape the green rind of two small cucumbers ; cut them into round slices about a quarter of an inch thick ; put them in a basin, with two table spoonfuls of vinegar, and a small quantity of salt. Let them remain for a few hours ; then take the pieces out, put them in a stew-pan, with a piece of butter ; season with pepper, grated nutmeg, and a little castor sugar. Now let them simmer over a steady fire until they are tender ; pour off a little of the butter, add a good spoonful of white sauce ; let them simmer again for a few minutes. Dish up the cucumbers ; bind the sauce with two yolks of eggs ; mix with a little cream the juice of half a small lemon, and one tablespoonful of parsley. Pour the sauce over the dish, garnish with croûtons of bread or *fleurons*, and serve.

### SAVOURY CUCUMBER, STUFFED.

*Concombres farcis à la Demi-glacé.*

Scrape the green rind of two large cucumbers, cut into pieces about three inches in length ;

stamp out gently the centre with a round cutter. Fill them with a stuffing made of cooked beef or veal, finely minced; bread crumbs, two eggs, well-beaten; season with salt, pepper, chopped parsley, basil, and thyme. Cover the ends with thin slices of bacon, which tie on with string; let them stew gently in a stew-pan, with a little stock, until quite tender. Drain them on a cloth: trim the ends. Prepare a border of mashed potatoes on a round dish; dress the pieces "en couronne" on the border, or else in the centre, in the form of a pyramid. Sauce over with a reduced demi-glace or brown sauce, in which a little chopped and blanched parsley and chervil has been added.

### CUCUMBER CROUSTADE CORDON ROUGE.

*Croustade de Concombres à la Cordon rouge.*

Cut some bread in the shape of a croustade, about three inches high, fry it and set on a dish. Peel or scrape two large cucumbers, cut into pieces about two inches long, split them, scoop out the seedy parts, place them in a stew-pan with a piece of butter; season with pepper, salt, grated nutmeg, and a teaspoonful of castor sugar; moisten with a little white stock, and cover it, and let it simmer gently for half an hour. Dress the cucumber in the croustade, add to the remaining *fond* a large spoonful of béchamel sauce, the juice of half a lemon, and a little cream; boil up, bind with a yolk of egg, pour through a strainer over the dish, sprinkle with chopped parsley, and serve.

**CABBAGE AU GRATIN.***Choux au Gratin.*

Parboil a young cabbage, properly trimmed and washed; drain it well in a cullender, so that it takes the shape. Butter a round gratin dish, lay a few thin pieces of broiled bacon on it, and put the cabbage upon the bacon. Season with salt and pepper. Mask with thick white sauce, sprinkle thickly with grated Parmesan cheese and bread crumbs; place on it a few small pieces of butter, here and there; bake until a light brown colour, and serve in the gratin dish.

**SAVOURY CABBAGE.***Choux farcis à l'Espagnole*

Trim and wash a young cabbage; scoop out the base, stuff it with a well-seasoned meat and bread crumbs stuffing; place it in a stew-pan, with Espagnol sauce. When cooked, take it out and press the cabbage gently in a cullender, to get it into shape. Dish up on a vegetable dish; season with salt and pepper, coat it with well-reduced Espagnol sauce, strew a little bread raspings over, garnish with slices of lemon, grilled cup mushrooms and parsley, and serve.

**CABBAGE LETTUCE, AMERICAN STYLE.***Laitues farcis à l'Américaine.*

Take two firm cabbage-lettuces, trim and wash them, blanch them until the leaves are soft. Have ready some minced veal and ham, seasoned with pepper, salt, and finely chopped onions; open the leaves gently, insert the mixture between the

leaves. When full, close up the leaves, brush them over with egg, cover with bread crumbs; place them in a sauté pan, well buttered. Broil them in the oven for twenty minutes. Dish up, sauce over with tomato sauce, and serve.

### HARICOT BEANS, MAÎTRE D'HÔTEL.

*Haricots blancs à la Maître d'Hôtel.*

Blanch and boil the quantity of beans required. When tender, drain them; melt a small piece of butter in a stew-pan, add the beans, season with salt and pepper. When warm through, mix in a little chopped parsley and chives; thicken with a spoonful of white sauce; flavour with lemon juice. Shake well over the fire for a few minutes, dish up, and serve.

Dried haricot beans should be soaked in cold water for at least twenty-four hours before they are cooked.

### SAVOURY BROAD-BEANS.

*Fèves de Marais aux fines Herbes.*

Shell a quart of young broad-beans; boil them directly they are shelled for ten minutes in salt water, drain them on a sieve, put them in a sauté pan with a piece of butter and two tablespoonfuls of white sauce; season with pepper and castor sugar, add some chopped parsley and tarragon. Let them simmer for a few minutes, dish up; garnish with *fleurons* or bread croûtons, and serve.

### SAVOURY LENTILS.

*Lentilles fricassées.*

Soak a quart of lentils for two hours in warm water, put them in a stew-pan with two quarts

of water, a piece of butter, and a little salt, and boil them for two hours. Drain them on a sieve, put them in a stew-pan with two pats of butter and some chopped onions ; let them simmer for a few minutes, then moisten with a little béchamel sauce and tablespoonful of cream ; season with pepper, boil for two minutes ; bind with a yolk of egg, stir quickly. Dish up, sprinkle with chopped parsley, and serve.

### CAULIFLOWER AU GRATIN.

*Choux-fleur au Gratin.*

Take a cooked cauliflower, break off the sprays, press it into a small bowl, so that it takes the shape of it. Butter a round gratin dish, place the cauliflower on it, cover it with a thick layer of cold béchamel sauce ; season with salt and pepper, strew over thickly with grated Gruyère cheese and bread crumbs. Place a few small bits of butter here and there, and bake in the oven until it is of a light brown colour.

### CAULIFLOWERS WITH CHEESE.

*Choux-fleurs au Parmesan.*

Trim and boil two small cauliflowers ; when tender, drain and break them into pieces, place them in a stew-pan with some béchamel sauce, a tablespoonful of cream, a handful of grated Parmesan cheese ; season with salt, pepper, grated nutmeg and a little cayenne. Let it simmer for a few minutes, then add a yolk of egg, the juice of half a small lemon ; dish up neatly, and sprinkle over with grated Gruyère cheese and bread crumbs ; brown lightly with a salamander, and serve.



**JERUSALEM ARTICHOKE WITH ONIONS.***Topinambours à la Lyonnaise.*

Take about two dozen even-sized Jerusalem artichokes, peel them, and boil in salt water, to which a piece of butter or lard has been added. When done, drain on a sieve, warm them up in a stew-pan with some brown sauce; flavour with lemon juice and sliced onions. Let it simmer on the fire for a few minutes, add a little chopped parsley, stir well. Dish them up in the form of a pyramid, sauce over with the sauce well reduced, and serve.

**JERUSALEM ARTICHOKE, ITALIAN STYLE.***Topinambours à l'Italienne.*

Wash about two dozen artichokes, turn them in the shape of small pears, put them in a buttered sauté pan; season with pepper, salt, nutmeg and lemon juice; moisten with a little stock, cover, and let them simmer for half an hour. The gravy should be boiled down to a glaze; add sufficient Italian sauce; boil up. Dish up the artichokes, sauce over with the sauce, and serve.

**ARTICHOKE BOTTOMS, BORDELAISE.***Fonds d'Artichauts à la Bordelaise.*

Place twelve cooked artichoke bottoms in a circular order in a well-buttered sauté pan; season them with pepper, salt and lemon juice; broil gently until warm through. Have ready for filling, sauce and Bordelaise garniture prepared as follows:—Cut fifteen or more large peeled button onions into rings, fry them in a stew-pan, with a



little sweet oil; drain off the oil, and add half a pint of béchamel sauce, a piece of meat glaze, a dozen stoned olives, six filleted anchovies, cut in dice. Simmer gently, season with pepper and a little cayenne. Fill the artichokes, prepared as directed above, dish them up, sprinkle with a little chopped parsley, and serve.

### ARTICHOKE BOTTOMS WITH BRUSSEL- SPROUTS.

*Fonds d'Artichauts à la Bruxelloise.*

Prepare some artichoke bottoms, as in the last, choose a quantity of small cooked sprouts, moisten with maitre d'hôtel sauce, warm up in a small stew-pan; fill the artichoke bottoms with same. Sprinkle with lemon juice, season with salt and cayenne, and serve with a little white sauce round the dish.

### SAVOURY ARTICHOKEs, STUFFED.

*Artichauts farcis.*

Trim six medium-sized green artichokes, blanch them, and place in cold water. Drain them on a sieve, scoop out the interior. Mince four rashers of bacon, put them in a stew-pan with a piece of fresh butter, three chopped button onions, two chopped shallots, two tablespoonfuls of chopped mushrooms, and one tablespoonful of chopped parsley. Season with salt, pepper, a pinch of castor sugar, powdered thyme, and bay leaf; fry the whole for ten minutes, then add half a pint of rich brown sauce; let all simmer for another ten minutes, stir in a tablespoonful of bread crumbs, take out bay leaf and set it to cool. When cold,

fill the interior of each artichoke with the mixture, tie over the centre with a thin piece of fat bacon, set them in a buttered sauté pan with a little stock, in a hot oven, braise for half an hour. When done, drain them on a cloth, take off the strings, dress on a dish, sauce over with a demi-glace, and serve.

### ARTICHOKES LYONESE STYLE.

*Artichauts à la Lyonnaise.*

Trim, quarter and parboil four green artichokes; drain them on a sieve, spread a sauté pan thickly with butter, place them in the pan. Season with salt, pepper, castor sugar and a small glass of white wine; moisten with a little stock, let all simmer until tender. Dress the artichokes on a dish in circular order, add a spoonful of brown sauce, seasoned with a sliced onion and a pat of butter to the remaining sauce in the sauté pan; flavour with lemon juice, boil for a few moments, sauce over the dish, and serve.

### FRENCH BEANS WITH FINE HERBS.

*Haricots verts aux fines Herbes.*

Take a quantity of small cooked French beans, melt a piece of butter in a stew-pan, add two chopped shallots, two tablespoonfuls of chopped parsley and chives; put in the beans, season with salt, pepper, nutmeg, and lemon juice. Toss the whole over a brisk fire until the beans get thoroughly hot, dish them up, garnish with croûtons, and serve.

**SAVOURY FRENCH BEANS, POULETTE.***Haricots verts à la Poulette.*

Pick, string, cut and boil some French beans ; when done, drain on a sieve, then put in a stew-pan with a pat of butter ; season with salt, pepper, sugar, some chopped green onions or chives. Toss over the fire for a few minutes, add half a pint of béchamel sauce ; let all simmer for ten minutes. Just before dishing up add three tablespoonfuls of cream and two yolks of eggs, to bind ; stir until it begins to thicken, dish up, sprinkle with finely chopped parsley, and serve.

**SAUTÉ OF FRENCH BEANS.***Haricots verts sautés au Beurre.*

Dissolve a quarter of a pound of fresh butter in a stew-pan, put in enough small young cooked beans to make a good dish ; season with salt, pepper, and a little grated nutmeg. Toss them over a brisk fire, until thoroughly hot ; dress them on a dish in a pile, sprinkle with finely chopped parboiled parsley, and serve.

**SAVOURY PEAS WITH HAM.***Petits Pois au Jambon.*

Boil and strain a quart of young peas ; mince coarsely a rasher of raw ham, put it in a stew-pan with a small piece of butter, fry until tender. Add two small green onions, finely minced, and the peas ; moisten with three tablespoonfuls of béchamel sauce, two of cream ; season with salt, pepper, and a pinch of castor sugar. Let all simmer for ten minutes, turn out on a dish, garnish with croûtons, and serve.

**STEWED PEAS WITH LETTUCE.**

*Petits Pois au Laitue à la Française.*

Boil a quart of young peas, strain them, and put in a stew-pan with a piece of butter; mix with a firm cabbage-lettuce, finely shred, a table-spoonful of chopped chives or green onions, one of chopped parsley, and a teaspoonful of castor sugar; season with salt, pepper, and finely chopped green mint. Cover the stew-pan, and let all simmer gently for ten minutes. Mix a dessertspoonful of flour with two pats of fresh butter, put this in with the peas; mix well over the fire for a few seconds whilst shaking; dish up, garnish with fleurons or croûtons, and serve.

**STEWED PEAS, FRANÇAISE.**

*Petits Pois au Sucre à la Française.*

Take a quart of cooked peas, prepare them in the same manner as the above, leaving out the lettuce. When done, add a dessertspoonful of liquid meat glaze, finish with a pat of butter, mixed with a little flour; dish up, and dust with an extra quantity of castor sugar; sprinkle with a little chopped parsley, and serve.

**SAVOURY CARROTS.**

*Carottes aux fines Herbes.*

Dissolve a small piece of butter in a stew-pan, add a tablespoonful of flour, a little chopped parsley, and some minced shallots. Prepare a quart of sliced young French carrots; put these in the stew-pan, cook gently, whilst stirring from time to time. When the carrots are of a light

brown colour, add a pint of gravy or stock; season with salt, pepper, grated nutmeg, and the juice of half a lemon. Cover closely, and simmer until tender; dish up, garnish with sippets of toast round the dish, and serve.

### YOUNG CARROTS WITH WHITE SAUCE.

*Carottes nouvelles à l'Allemande.*

Trim a bunch of spring carrots, wash them, boil them for ten minutes in salt water, strain in a cullender. Dissolve an ounce of fresh butter in a stew-pan, add half a pint of white stock; put in the carrots, and boil for a quarter of an hour. Add a small quantity of Allemande sauce; season with salt, pepper, and a dessertspoonful of castor sugar; boil for another quarter of an hour, whilst shaking the pan occasionally. Dish up the carrots in the form of a dome. Reduce the sauce to a glaze, bind with a yolk of egg, sauce over the dish; sprinkle with chopped, parboiled parsley, garnish with fleurons, and serve.

### ASPARAGUS POINTS WITH FINE HERBS.

*Pointes d'Asperges aux fines Herbes.*

Boil a quart of green asparagus points in salt and water. When done, plunge in cold water, and drain them on a sieve. Dissolve a piece of butter in a sauté pan; add a finely chopped shallot, and some chopped parsley. Put in the asparagus; season with pepper, grated nutmeg, and sugar; moisten with some white sauce, and let all simmer gently for a quarter of an hour. Just before serving bind with two yolks of eggs, stir up until it sets, and turn out on dish; garnish round with fried bread croûtons, and serve.

**BRAIZED CELERY, ESPAGNOLE.**

*Céleri braisé à l'Espagnole.*

Clean and trim four heads of white celery, cut them into pieces about four inches long, parboil them, immerse in cold water, and drain on a sieve. Line a small stew-pan with slices of fat bacon, place the celery on these, moisten with a little stock, season with pepper and salt. Set them to braise gently for half an hour, then add some brown sauce (Espagnole), and finish cooking over a slow fire for another twenty minutes. In the meantime prepare some small round hollow bread croûtons, fill them with chicken forcemeat or beef marrow, and brush over with liquid meat glaze. Dress the celery in the centre of a dish, garnish round with the croûtons. Reduce the sauce to a glaze, adding a piece of butter, and the juice of half a small lemon. Pour over the celery, and serve.

**FRIED CELERY, DRESDEN STYLE.**

*Céleri frit à la Dresde.*

Prepare four heads of celery, and braise as above described; finish by masking the celery in some reduced Allemande sauce. Set the pieces separately on a dish to cool; when cold, brush with beaten egg, and crumb them in the usual way. Put the pieces in a wire basket, fry them to a yellow colour in hot fat or clarified butter; drain them on a cloth, dish up on a round dish, sauce round with tomato sauce, garnish with fried parsley, and serve.

**STEWED CELERY, MAÎTRE D'HÔTEL.***Céleri à la Maitre d'hôtel.*

Trim four heads of celery, cut them into pieces about four or five inches long, wash them and blanch them in boiling water. Blanch also four small onions, place them in a stew-pan with the celery; season with salt and pepper; add a little white stock, and stew gently till tender. Dress the celery upon pieces of toasted bread on a dish, garnish with the boiled onions, reduce the stock to a glaze, add an equal quantity of white sauce, a tablespoonful of parsley, one of cream, and a little sugar; boil up and sauce over the celery.

**SAVOURY SALSIFITS.***Salsifis aux fines Herbes.*

Scrape about twenty heads of salsify, cut them into pieces about two inches long, sprinkle them with salt, and steep in water. Cut a small onion, half a carrot, half a turnip and half a head of celery into small pieces; put all in a stew-pan with a quarter of a pound of lean bacon cut into pieces. Stir over the fire for a quarter of an hour, stir in an ounce of flour, fill up with a quart of stock or water, bring it to boil, put in the salsifits. Season with pepper, flavour with thyme, and bay leaf: let them simmer gently until tender. Take out the salsifits, drain them on a cloth; strain the gravy, put it back in a clean stew-pan to reduce; add a similar quantity of white sauce, a dessert-spoonful of cream, one of chopped parsley, a little lemon juice, and some grated nutmeg and castor sugar. When hot, put in the salsifits; boil up, dress them neatly on a dish, garnish with fleurons and button mushrooms, sauce over and serve.



**SALSIFIT FRITTERS.***Salsifis frits.*

Prepare the salsifits as described in the foregoing ; when done, drain them on a cloth, put the pieces in a bowl, with two tablespoonfuls of oil to one of vinegar. Season with pepper and grated nutmeg ; allow them to remain in the seasoning for an hour. Take them out, drain on a cloth, dip them in some frying batter, fry them in hot fat, lard, or clarified butter ; drain, and dish up on a folded napkin ; garnish with fried parsley, and serv .

**SCALLOPED SALSIFITS.***Coquilles de Salsifis.*

Scrape a bundle of salsifits, cut them into pieces about an inch and a half long, throw them into vinegar and water as they are being done, boil them in salted water until tender, drain them on a sieve. Broil in two ounces of butter over a quick fire, season with grated nutmeg and *oriental salt*, or cayenne pepper ; add half a gill of cream and a dessertspoonful of chopped parsley, also one teaspoonful of anchovy sauce. Fill up some buttered scallop shells, strew over with bread crumbs, sprinkle with a few drops of lemon juice, place a small piece of butter here and there, and bake in a hot oven for fifteen minutes.

**BEETROOT FRITTERS.***Beignets de Betteraves.*

Boil a large beetroot, also a large Spanish onion. When done, remove the skin off a cooked beetroot



and cut into thin rounds; stamp these out in equal-sized rounds, place them on a dish. Season with a little vinegar, salt, and pepper. Prepare a mixture of the boiled onion, finely chopped; moisten with a little thick béchamel sauce; spread the slices of beetroot on one side with this. Put two slices together, like sandwiches, press them lightly, dip them in some frying batter, and drop one by one into boiling fat or lard. Fry for five minutes, drain on a cloth, sprinkle with pepper; dish up neatly on a folded napkin, garnish with crisped parsley, and serve.

### STEWED BEETROOTS IN SAUCE.

*Betteraves en Ragoût.*

Bake two beetroots in the oven until tender; when cold, remove the skin, and cut them into slices. Put them in a stew-pan, pour over a little vinegar, and some stock or gravy. Season with pepper and salt, and simmer gently for half an hour. Pour off the gravy, reduce it to a glaze, add few slices of beetroot, well pounded in a mortar, and two tablespoonfuls of brown sauce. Boil up for a few minutes, mix gently with the sliced beetroot, dish up, garnish with fleurons or fried bread croûtons, and serve.

### CARDOONS ESPAGNOLE.

*Cardons à l'Espagnole.*

Clean and trim some cardoons, cut them into pieces about four inches long, boil them in salt and water. When done, drain them in a sieve, put them in a stew-pan with brown sauce (Espagnol). Season with pepper and cayenne; let

them simmer gently for ten minutes; flavour with a little lemon juice. Dress the pieces neatly on a dish, on toasted pieces of bread. Sauce over with the sauce well reduced, and serve.

### CARDOONS, MAÎTRE D'HÔTEL STYLE.

*Cardons à la Maître d'Hôtel.*

Prepare and cook the cardoons as above; let them simmer for some time in maître d'hôtel sauce. Dish up; sauce over with the sauce; sprinkle with a little chopped parsley; garnish with fleurons, and serve.

### FRIED CARDOONS.

*Cardons frits.*

These are prepared and cooked in the same way as the foregoing. When cooked, they are drained on a cloth, seasoned with pepper, cayenne, lemon juice, and chopped parsley. Then dip them in frying batter, one by one, fry in clarified butter or fat. Drain, dish up on a folded napkin, garnish with fried parsley, and serve.

### SPINACH, FRENCH STYLE.

*Épinards à la Française.*

Pick, wash, and boil the spinach in the usual way, rub it through a wire sieve, put it in a stewpan with a piece of fresh butter. Stir over the fire for a few minutes, dredge with flour, season with salt, pepper, a little sugar, and grated nutmeg. Let all simmer gently, whilst stirring, for ten minutes. After taking it off the fire, add a little cream, dish up, garnish round the dish with croutons of fried bread, and serve.

**SORREL WITH POACHED EGGS.**

*Oseilles aux Œufs pochés.*

Sorrel, like spinach, is not often used as an entremet or savoury; but both make a nice and delicious change, when in season, as second course or savoury-entremet.

To prepare sorrel as above described, proceed as follows:—

Pick, wash, and drain a sufficient quantity of sorrel to make a dish. Put it in a stew-pan with a small piece of fresh butter. Stir over the fire until it is melted, after which rub it through a wire sieve; then put it in a stew-pan with a piece of butter. Season with salt and pepper, dredge with a little flour, moisten with some brown sauce, let all simmer for a quarter of an hour. Stir in one by one two or three yolks of eggs; dish up as the eggs begin to set, which must be well mixed. Have ready some poached eggs; trim these and dress them upon the top. Place a few fleurons round the dish, sprinkle with a few drops of liquid glaze, and serve.

**TRUFFLES IN CRUSTS.**

*Croûte aux Truffes.*

If fresh truffles are used, wash and scrub them with a hard brush, to get them thoroughly clean. Soak six large truffles in warm water for two hours, peel them thinly with a small sharp knife, cut them into thin slices. Put them in a sauté pan with an ounce of fresh butter. Season with salt, pepper, and cayenne. Flavour with half a glass of sherry or Madeira; let them simmer gently for half an hour, moisten with some rich demi-glaze. Cut a French roll in two, lengthwise,

scoop out the soft part, fry them of a light colour in clarified butter; drain them, place them on a dish, mask the inside with liquid meat glaze, put in the truffles and sauce, and serve.

### TRUFFLES SAUTÉ MÉTROPOLE.

*Truffes sauté à la Métropole.*

Line a sauté pan with a few thin slices of fat bacon, flavour with slices of carrots, turnips, onions, bay leaf, parsley, cloves, and thyme. Put in some large peeled truffles, moisten with some white stock, and a glass of champagne; cover over and let it simmer for half an hour. Take out the truffles, dish them neatly on a croustade of bread, reduce the liquor, skim off the fat, and pass it through a strainer over the truffles. Season the truffles with a little ground mace, pepper and salt before serving.

### TRUFFLES IN CRUST. ITALIENNE.

Cut out a nice croustade of bread, fry it a light colour, place it on a dish. Prepare some sliced truffles, the same as for truffles in crusts, add some white sauce (suprême or béchamel); dress them in the croustade. Sprinkle with liquid glaze, and serve.

### TRUFFLES, CARÊME STYLE.

*Truffes farcies à la Carême.*

Choose six large preserved Perigord truffles, let them simmer for ten minutes in a little white stock and champagne; take out the truffles to get cool. Scoop out the interior, which chop finely with half as many mushrooms, and mix with some forcemeat to form a stuffing; fill the shells

of truffles with it, season them with salt and pepper. Egg them all over, cover them with chopped truffles and chopped ham. Place them in a buttered sauté pan, pour over the stock left, let them simmer gently for half an hour. Dish up the truffles on a croustade, or in the centre of a round deep dish in the form of a pyramid. Reduce the liquor to a glaze, adding a little demi-glaze. Sauce over and serve.

### DEVILLED OLIVES.

*Olives à la Diable.*

Stone some large olives, stuff them with anchovy paste. Spread some small whole-meal or charcoal biscuits with anchovy paste, brush over with oiled butter; place the olives in circular rows on the biscuits, season with pepper and plenty of cayenne. Place them on a buttered sauté pan in the oven for ten minutes, and dish up on a folded napkin. Garnish with parsley, and serve very hot.

### PUMPKIN WITH PARMESAN CHEESE.

*Citrouille au Parmesan.*

Peel a small pumpkin, wash and wipe it, steep in salt water for half an hour, take out and drain. Cut as many slices as may be required (the remainder will keep in salt water); dissolve some fresh butter in a stew-pan, put in the slices, season with a little salt, pepper and aromatic spice; let fry for a few minutes, stirring constantly. Dish up on a buttered gratin dish, sprinkle the top thickly with grated Parmesan cheese, a little fresh bread crumbs, and a few small bits of butter. Bake in a hot oven for ten minutes, and serve.

## Savoury Dishes of Eggs.

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### INTRODUCTION.

Eggs are most faithful assistants in the preparation of savoury dishes. They are often badly served, simply because some cooks fail to bestow the proper attention required for their preparation, or else they are ignorant of those important details which are most essential to be observed when preparing them.

**Omelets** are called by the names of certain ingredients added to flavour them. They can be prepared and flavoured in an almost endless variety. One of the greatest mistakes in cooking omelets is that the eggs are not beaten up sufficiently, and that they are cooked too much or made too thin; consequently they eat tough and dry.

The great point to be observed in the making of an omelet is to see that the eggs are well beaten. If any of the white of egg is left in the preparation, not properly worked, it will become hard, no matter how careful you may be in cooking it. The fire required for cooking an omelet must be bright, but not too fierce, as the principal point with an omelet is to have the whole substance heated quickly, and so that the outside only is browned, whilst the interior should be soft and

moist. Omelets must be cooked in proper omelet pans, and very little butter should be used in frying, or else the omelet will look greasy.

Sauces are in some cases served with omelets.

### SAVOURY OMELET.

*Omelette aux fines Herbes.*

Take four eggs, break them in a basin, beat up ; well ; chop a dessertspoonful of parsley, tarragon, and a few sweet herbs very fine, add these to the eggs, season with pepper and salt. Melt a small piece of fresh butter in an omelet pan ; when hot, pour in the ingredients, stir over a brisk fire with a fork. When the eggs begin to get firm roll the omelet to the shape of an oval cushion. Allow it to get light brown, then turn it on an oval dish. Serve with a little brown sauce or gravy, and garnish with parsley. Tarragon and sweet herbs may be omitted.

### SAVOURY OMELET, PARISIAN STYLE.

*Omelette aux fines Herbes à la Parisienne.*

Prepare this omelet the same way as prescribed in the foregoing recipe, but use only half the number of whites of eggs and double the number of yolks ; add also a little cream, to be beaten up with the eggs.

### VENISON OMELET.

*Omelette au Chevreuil.*

Chop some cooked venison finely (a quarter of a pound of meat to four eggs), season with pepper, salt, cayenne, minced mushrooms, and a few pinches of ground mace. Break the eggs, dividing



the yolks into a basin with the meat and the whites in a bowl. Stir up the mince well, whip the white to a foam, and mix gently with the yolks and minced meat. Melt a little butter in an omelet pan, pour in the mixture when hot, and fry the omelet in the usual way. Garnish with fried parsley and thin slices of lemon, and serve with a little red currant jelly. Any other game may be made into omelets in the same way as venison.

### CAVIARE OMELET.

#### *Omelette au Caviar.*

Mix some caviare (two tablespoonfuls to four eggs) with a little chopped parsley and shallots, warm up in a stew-pan with a little fresh butter, add the juice of half a small lemon, and some cayenne pepper. Have ready an omelet made with eggs, chopped green onions, and seasoning; when fried and just ready for serving, put the caviare in the centre, turn over the flaps, dish up and serve as hot as possible. The dish should be garnished with some fried bread sippets and crisped parsley.

### TRUFFLE OMELET.

#### *Omelette aux Truffes.*

Make an omelet with eggs, chopped truffles, parsley and shallots, and seasoned with pepper and salt. Slice up a few truffles, boil up in a little sherry, add some demi-glace sauce, and a pinch of sugar. When your omelet is fried and ready in the pan, put the truffles in the centre, turn the flaps over with a knife or spoon, turn out



on an oval dish, and sauce round with the remainder of the sauce.

### MUSSEL OMELET.

*Omelette aux Moules.*

Trim some mussels (eighteen mussels to four eggs), fry them with a little fresh butter, season with pepper and salt. Beat up your eggs, add the mussels and a little lemon juice. Melt your butter in the omelet pan, and fry the omelet in the usual way. Serve with a little gravy or some brown sauce.

### OYSTER OMELET.

*Omelette aux Huîtres.*

Blanch some large oysters in their own juice (twelve oysters to four eggs), drain them well, trim and cut up into slices; warm up in a little white fish sauce, add a yolk of egg and a little cream; let it thicken, but not boil, season with a little salt and cayenne pepper. Have ready an omelet, fill in the preparation and turn out on your dish. The remainder of the sauce should be poured round the omelet.

### MUSHROOM OMELET.

Prepare and fry an omelet the same as truffle omelet, but substitute chopped or sliced mushrooms for the truffles.

### SAUSAGE OMELET.

*Omelette aux Saucissons.*

Break four eggs in a basin, add a little chopped shallot, pepper and salt; beat up well, then add a

handful of minced smoked sausage (ham or liver). Melt a small piece of butter (a little more than an ounce to the above quantity of eggs) in an omelet pan; when hot, pour in the eggs, stir round until it sets. Shake the pan, whilst holding it in a slanting position, so as to bring the omelet in its proper shape; leave it over the fire for a moment to brown, turn it on an oval dish, and serve with a little demi-glace sauce.

### HAM OMELET.

*Omelette au Jambon.*

Break some eggs, season, add some chopped cooked ham, and prepare the omelet as above.

### BACON OMELET.

*Omelette au Lard.*

Mince a quarter of a pound or more of lean or streaky bacon very fine, fry it in a little butter, stir in six well beaten and seasoned eggs. Fry the omelet, and serve with piquant sauce.

### LENTIL OMELET.

*Omelette aux Lentilles.*

Break four eggs in a basin, season with pepper and salt, beat up well, and add four tablespoonfuls of boiled and drained lentils, also a few drops of lemon or lime juice. Melt a piece of butter in an omelet pan; when hot, pour in the mixture, and fry the omelet in the usual manner. Serve with a little tomato sauce and garnish with fried parsley.

**LOBSTER OMELET.***Omelette de Homard.*

Cut some lobster meat into small dice, which warm up in a little ready prepared lobster sauce; have ready a plain omelet, seasoned with pepper, salt and cayenne; put the lobster with a little sauce in the centre, turn out on a dish, and pour the remainder of the sauce round the omelet.

**COCKLE OMELET.***Omelette aux Bucardes.*

Beat up three eggs in a basin, add a tablespoonful of cream, salt, pepper, and anchovy essence to taste. Stir in about half a pint of prepared cockles. Put a piece of butter in an omelet pan over the fire; when hot, put in the above, cook and finish the omelet in the usual way.

**PRAWN OMELET.***Omelette aux Écrevisses.*

Cut up into very small pieces some picked prawns or crayfish tails (twelve to four eggs), season with salt, cayenne, and nutmeg; fry them in a little butter. Beat up the eggs, add the minced prawns, and fry the omelet in the usual way.

**AMERICAN OMELET.***Omelette à l'Américaine.*

Boil a handful of bread crumbs in half a pint of milk; add a little chopped chives and parsley, stir in four yolks of eggs, let it thicken, but not boil, and season with pepper and salt. Whip the

whites of four eggs to a foam, mix gently with the above. Melt a little butter in an omelet pan, and fry the omelet in the usual way; garnish with some fried parsley.

### OLIVE OMELET.

*Omelette aux Olives.*

Stone some French olives (ten olives to four eggs), boil them in a little rich demi-glace sauce in a stew-pan, season with cayenne and salt and a pinch of sugar; prepare a savoury omelet, put the olives in the centre, pour the remainder of the sauce round the omelet, and serve.

### OMELET WITH MIXED VEGETABLES.

*Omelette à la Jardinière.*

Prepare a *jardinière* of cooked carrots, turnips, small button onions, peas, and French beans. Heat up in a little rich white sauce, season with pepper and salt, add some chopped parsley, and a pinch of castor sugar. Have ready a plain omelet, seasoned with chopped shallots, pepper and salt; when ready to turn out, put the *jardinière* into the centre, fold and dish up. Sauce round with a little white sauce, and serve.

### TOMATO OMELET, No. 1.

*Omelette aux Tomates.*

Cut two ripe red tomatoes into small pieces, fry some chopped shallots in a little butter, add the tomatoes, season with salt and pepper. Prepare an omelet seasoned with savoury herbs; when it is ready for turning out, place the tomatoes in

the centre, turn over the flaps, dish up and serve with tomato sauce.

### TOMATO OMELET, No. 2.

*Omelette aux Tomates.*

Broil a tablespoonful of finely chopped onions with a piece of butter in a stew-pan; when tender, add six red tomatoes, scalded, skinned, and cut into small pieces; season with pepper, salt, and a little cayenne; let all simmer for about twenty to thirty minutes. Turn out into a basin, and add two handfuls of white bread crumbs; mix well with six eggs, fry in an omelet pan in the ordinary way, or turn it into a buttered shallow dish, and bake it in a quick oven. Serve with tomato sauce round the dish.

### CHEESE OMELET.

*Omelette au Fromage.*

Break four eggs, season with pepper and salt, beat up well and add a tablespoonful of grated Parmesan cheese and a little chopped parsley. Melt a piece of butter in your omelet pan; when hot, pour in the eggs, stir until it sets, shake the pan, fold the ends of the omelet inwards, let brown, then turn on an oval dish, flavour with grated cheese, and serve.

### POTATO OMELET.

*Omelette aux Pommes de Terre.*

Bake a large potato, break the skin, scoop out the centre, rub through a wire sieve, put into a basin, stir well with a wooden spoon, add four yolks of eggs, one after the other, a little lemon juice,

season with salt, pepper, and a small quantity of grated nutmeg. Whip four whites of eggs to snow, and mix gently with the mixture just before the omelet is fried. Fry the omelet in the usual way, dish up and garnish with parsley.

### SAVOURY SOUFFLÉ OMELET.

Separate three yolks of eggs from the whites, put the yolks in a basin, work well, and add a teaspoonful of chopped parsley, half a teaspoonful of chopped shallots, and a saltspoonful of dried savoury herbs. Whip the white of egg to a stiff froth, mix gradually with the yolks, season with a little salt and a pinch of cayenne. Dress neatly in a buttered gratin dish, sprinkle with grated Parmesan, and bake in a moderate oven for about fifteen minutes.

### NORFOLK EGGS.

*(Eufs frits à la Norfolk.)*

Boil some eggs until they are hard (they will take about ten minutes), place them in water until required, roll them lightly on the table, and peel them; dry with a soft cloth, cut them into halves lengthwise, dredge them lightly with flour. Beat up two raw eggs in a basin, dip in the halves one by one, crumb in soft white bread crumbs, fry in clarified butter, and serve them with piquante sauce, or mushroom sauce; garnish with a little fried parsley, and serve.

### EGGS À LA GRANVILLE.

Slice a small Spanish onion finely, fry with a piece of butter in a stew-pan until of a light brown

colour, add a little flour, dilute with milk to make a light sauce; stir well, and add a small quantity of ground mace and some chopped lemon rind, season with pepper and salt. Have ready four hard-boiled eggs, peel and shred them coarsely, put them in the sauce; when hot, dish up and garnish with fried parsley and small bread croûtons.

### EGGS À LA SALAMANDRE.

Boil some eggs until quite hard, cut the whites into small pieces, rub the yolks through a coarse wire sieve. Prepare a thick white sauce, to which a little chopped parsley, fresh cream and a small quantity of cayenne pepper should be added. Boil up the white of eggs in the sauce, make a thin border of hot mashed potatoes on the dish you wish to serve in; dress the eggs and mixture in the centre, cover with the yolks of eggs, and brown lightly with a salamander.

### EGGS STUFFED WITH SPINACH.

*Oufs farcis aux Épinards.*

Boil six eggs for ten minutes, peel them, cut them in halves crossways, cut out the centre with a long vegetable cutter, about half an inch in diameter. Cut out some croûtons about the size of the base of an egg, fry them in clarified butter, have ready some cooked spinach which has been passed through the sieve, seasoned with pepper, salt, nutmeg, and cream; boil up for a few minutes whilst stirring. Place each portion of egg on a croûton of bread, fill up carefully with the spinach, close the top with the pieces cut out. Dish up, garnish with the yolks, minced coarsely, and



some dice of tongue, and serve with a little brown sauce.

### EGGS À LA MATELOTTE.

Poach six eggs in white stock, drain and trim them, and dish up on fried bread croûtons. Chop an onion and three shallots very finely, fry them with a little butter in a stew-pan, add a little parsley, a bay leaf, and thyme. Strain off the butter, and add some rich brown sauce, and put it back in the stew-pan. Add a few sliced mushrooms and the juice of half a lemon. Place the dish with the eggs in the oven for a few seconds, then sauce over. Garnish with fillets of anchovies and fried parsley, and serve.

### EGG CUTLETS.

#### *Côtelettes aux Œufs.*

Boil four eggs hard, peel, and chop them up finely, mix with two ounces of bread crumbs, four ounces of grated Parmesan cheese, an ounce of butter, a teaspoonful of curry powder, a little nutmeg, pepper and salt, and the beaten yolks of four eggs. Shape the mixture into forms like small cutlets, dip them into the whites of the eggs, then into brown bread crumbs; fry them in hot butter or lard, drain them well. Insert a small piece of macaroni in each cutlet to form the bone; dish up very hot, garnish with sprigs of fried parsley, and serve.

### EGGS WITH BROWN BUTTER.

#### *Œufs au Beurre noir.*

Melt a small piece of butter in an omelet pan; when hot, break six eggs into it, taking care not

to disturb the yolks. Season with pepper and salt ; fry them for five minutes, then dish them up. Add another piece of butter into the pan, fry it until brown, then add a tablespoonful of Orleans or malt vinegar ; let it boil up for a few seconds, pour over the eggs, and serve.

### EGGS WITH MUSHROOMS.

*Oufs aux Champignons.*

Take some hard-boiled eggs, remove the shells, cut half of the eggs into thin rings for garnishing, chop up the remainder coarsely. Slice and fry a few button mushrooms with some chopped onions, or shallots, add a little thick brown sauce, put in the eggs, let them simmer for a few minutes. Dish up on a round dish, garnish with small fried bread sippets, the rings of the whites of eggs, and serve.

### EGG AND HAM TIT-BITS.

*Bonnes-Bouches aux Oufs et Jambon.*

Line a quantity of small tartlet moulds with puff paste trimmings or paste crust ; fill these with the following preparation :—

Mince some boiled ham very fine, take one hard boiled egg to every tablespoonful of minced ham. Mix with a yolk of a raw egg, a little cream, and season with salt, pepper, and grated nutmeg. Fill up and bake the patties in a moderately hot oven, dish up and serve with some piquante or tomato sauce.

The sauce should be served separately in a sauce boat.

**EGGS, GERMAN STYLE.***Oufs à l'Allemande.*

Boil some eggs hard, remove the shells, divide them in halves lengthways, scoop out the yolks. Shred the whites in fine strips, warm these up with a little fresh butter in an omelet pan, then add a little white Allemande sauce, a tablespoonful of tomato purée, a few drops of essence of anchovy. Season with salt, pepper, and a few drops of chilli vinegar, stir all over the fire until quite hot. Dish up the eggs in the centre of a border of fried bread croûtons, which have previously been placed round the dish, to form the border. Arrange the dishing up so that between each layer of egg is a coating of sauce and a small quantity of Parmesan cheese. Rub the yolks through a wire sieve, and add sufficient to cover the top of the dish. Place in a hot oven to brown, and serve.

**PYRAMID OF EGGS, REFORM STYLE.***Pyramide d'Oufs à la Réforme.*

Take six hard-boiled eggs, remove the shells and cut them in halves lengthways. Scoop out the yolks, and pound in a mortar with a piece of fresh butter, a handful of white bread crumbs, which have been soaked in milk or cream, two ounces of grated Parmesan cheese, and a little chopped parsley or chives. Season with salt, pepper, and grated nutmeg. Pound these well together, then fill the whites of eggs with the preparation. Spread the bottom of a dish with a little of the mixture, proceed to dish up the stuffed eggs to a pyramidal form, so that the top finishes up with a single egg. Have ready some hard-

boiled yolks of eggs, rub them through a coarse wire sieve on top of the dressed eggs. Put in a hot oven to brown, and serve with suprême sauce.

### POACHED EGGS, BURGUNDY STYLE.

*(Eufs pochés à la Bourgogne.)*

Peel four small button onions, fry them lightly with a piece of butter in a small omelet pan; add a small handful of chopped mushrooms, dust with a little flour, add a glass of white wine and a little stock; let it simmer for fifteen minutes. Season with salt, pepper, the juice of half a lemon, and a dessertspoonful of finely chopped chutney. Prepare some rounds of hot buttered toast, poach your eggs, dish up one on each of the toasts, thicken the sauce with a yolk of egg, and pour over the eggs.

### POACHED EGGS, PORTUGUESE STYLE.

*(Eufs pochés à la Portugaise.)*

Take six tomatoes, all even sized, cut them in halves crossways, take out the pips, place them in a buttered sauté pan in the oven for a few minutes to set, and fill them with the following stuffing:— Fry four finely minced shallots, in a little butter, add a handful of white bread crumbs, a little chopped parsley and a few sprigs of tarragon, a small piece of beef marrow, finely chopped; bind with a yolk of egg, and season with salt, pepper, and grated nutmeg. When the tomatoes are stuffed put them again in the oven to brown. Place each on a round of hot buttered toast, on the top of which place a poached egg. Dish up on a folded napkin, garnish with parsley, and serve.

**POACHED EGGS WITH HAM.**

*Œufs pochés aux Jambon.*

Poach some eggs, trim neatly and dish them up on thin oval slices of broiled ham. Serve with *poivrade sauce* round the eggs, and sprinkle a few drops of liquid meat glaze over the top.

**POACHED EGGS AND ANCHOVY.**

*Œufs pochés à l'Anchois.*

Prepare sufficient slices of toasted bread to cut out six rounds, each large enough to hold a poached egg. Butter the pieces, spread with anchovy paste or anchovy butter. Poach six eggs; place one on each piece of prepared toast, sprinkle with grated Parmesan cheese, and a pinch of cayenne pepper, and serve.

**POACHED EGGS WITH SPINACH.**

*Œufs pochés aux Epinards.*

Prepare some rounds of toast, as described in the foregoing recipe, put a tablespoonful of prepared spinach on each piece of buttered toast, poach six eggs, and place one on the top of each. Put a small pinch of black pepper in the centre of each yolk of egg, and serve.

**EGGS, GRATIN STYLE.**

*Œufs au Gratin.*

Prepare a mixture of three yolks of eggs, a small handful of white bread crumbs, two ounces of butter, two finely chopped boned anchovies, a

small shallot, a sprig of parsley, both chopped fine. Season with pepper and salt, mix well, and spread over the bottom of a buttered gratin dish. Allow it to brown slightly in the oven, take it out, break carefully six eggs into the dish, season to taste; return to the oven for a few minutes, and serve as hot as possible.

### EGGS, BUCKINGHAM STYLE.

*Œufs à la Buckingham.*

Boil six eggs until hard, carefully remove the yolks, shred the whites finely, also two large truffles. Lay the yolks in the centre of a dish, and the whites and truffles round them. Stand in the oven to keep hot. Have ready some béchamel sauce, to which is added a tablespoonful of grated Parmesan cheese, and a pinch of cayenne. When hot, pour over the yolks, garnish with fried bread croûtons, and serve.

### EGGS, GRUYÈRE FASHION.

*Œufs à la Gruyère.*

Melt half an ounce of butter in a stew-pan, add half a pound of minced Gruyère cheese; stir over a slow fire; season with a little salt, pepper, nutmeg, finely chopped chives and shallots—a teaspoonful in all, moisten with a gill of white stock. Allow all to get thoroughly hot; then stir in four well-beaten eggs. When done, dress quickly on a round dish, and garnish with puff paste leaves (fleurons).

**EGGS À LA MODE DE CAËN.**

Broil some coarsely shred Spanish onions in a little fresh butter. When done, stir in a dessert-spoonful of flour, a little milk or cream; season with salt, pepper, and grated nutmeg. Let it boil until it becomes thick, stirring it from time to time. Slice some hard-boiled eggs, and warm them up in the sauce; when thoroughly hot, dish up, sprinkle with a little chopped parsley, and serve.

**FRIED EGG SANDWICHES.**

Boil some eggs until hard, take off the shells, and place them in cold water to cool. Cut the eggs in slices, and pound them in a mortar with a little butter and cream. Season with salt, pepper, and a little cayenne. Cut one or two rasped rolls into thin slices, butter them, and spread the mixture between the slices, as for sandwiches; trim neatly and press. Dip each sandwich in some prepared frying batter, and fry in clarified butter.

**EGGS, COQUETTE STYLE.***Oufs à la Coquette.*

Butter enough china soufflé or ramekin cases for the number of eggs you wish to serve; put a tablespoonful of fresh cream, and break carefully an egg in each; season with pepper, salt, and a little grated nutmeg. Place the cases in a sauté pan containing a little boiling water into the oven, and allow to bake long enough to set the eggs. Send to table in the cups.



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**STUFFED EGGS WITH NOUILLES AND  
HAM.**

*Eufs farcis aux Nouilles et Jambon.*

Take six hard-boiled eggs, shell them, and cut them in halves; scoop out the yolks. Have ready some cooked nouilles (see Nougille Paste, page 194), cut into fine strips, warm up a teacupful with a little butter. Add half the quantity of minced ham; season with salt, pepper and cayenne. Fill the whites of eggs with this preparation, dish them up neatly. Rub the yolks of eggs through a wire sieve over the surface, place here and there a small piece of fresh butter, brown with the salamander, sprinkle a little chopped ham over the top, and serve as hot as possible.

**STUFFED EGGS WITH CREAM.**

*Eufs farcis à la Crème.*

Boil six eggs for ten minutes, take off the shells, cut them in halves lengthways, scoop out the yolks, and pound in a mortar with a small piece of fresh butter, a handful of white bread crumbs, which have been soaked in milk, a tablespoonful of chopped parsley, half the quantity of chopped chives, two raw yolks of eggs, and a tablespoonful of cream. Season with salt, pepper, and a little cayenne. Fill the mixture into the whites of eggs, place the remainder of the stuffing on a dish; dress the eggs on the top, place in a hot oven for ten minutes to brown, sprinkle with a little grated Parmesan cheese. Sauce over with some rich béchamel sauce, and serve.

**DEVILLED EGGS.***(Eufs à la Diable.*

Cut some slices from a sandwich loaf, stamp out some rounds with a tin cutter, about two inches in diameter; fry these in clarified butter of a light colour. Have ready a mixture of devilled butter (see page 195), curry, or mulligatawny paste and cayenne, and spread the tops with this. Poach some eggs (one to each round of bread), trim them, lay one on each prepared croûton, dust with cayenne pepper, and serve as hot as possible.

**EGG AND TONGUE CROÛTONS.***Croûtons aux Eufs à l'Ecarlate.*

Cut some rings from a French roll, dip each in a little milk and flour, fry in clarified butter. Spread one side of them with a paste of pounded tongue, butter, and a little meat glaze. Poach some eggs, and lay one on each of the prepared croûtons; dish up on a folded napkin, garnish with parsley, and serve hot or cold.

**EGGS À LA ROMAINE.**

Break six eggs, separate the yolks from the whites. Butter six small patty-pans, and place a yolk and a teaspoonful of cream in each; season with pepper, salt, and a little cayenne. Beat the whites into a stiff froth, and dress a proportionate quantity on the yolks; shape neatly with a knife or spoon, bake in a moderate oven from fifteen to twenty minutes. Dust with salt and grated cheese, and serve as hot as possible.

**STUFFED EGGS À L'ITALIENNE.**

Boil six eggs until hard, take off the shells, and cut in halves lengthways. Scoop out the yolks carefully, and pound them with six boned Gorgona anchovies. Add one tablespoonful of cream, a piece of fresh butter, and two of grated Parmesan cheese. Work to a smooth paste, season with salt and pepper, warm up in a stew-pan with a tablespoonful of béchamel sauce. Fill the eggs with it. Dish up on a hot dish, and sauce round with a hot *anchovy sauce*. See page 202.

**STUFFED EGGS WITH PARSLEY.**

*(Eufs farcis au Persil.)*

Take six hard-boiled eggs, shell them, and cut them in halves lengthwise. Take out the yolks, pound them in a mortar with a piece of butter, a small handful of chopped parsley, a teaspoonful of corn-flour, a few drops of essence of anchovy, and a tablespoonful of cream. Stir over a fire in a small stew-pan until it boils. Season with pepper and salt, and fill the eggs with the sauce. Dress the eggs on a hot dish, sauce with a rich parsley or maitre d'hôtel sauce, and serve.

**FRIED EGGS À LA SUISSE.**

Break six eggs into a basin. Mix well with a small handful of grated Gruyère cheese, half an ounce of melted butter, a few sprigs of each finely chopped chives, parsley, and tarragon. Season with pepper and salt, drop the mixture by spoonfuls in hot clarified butter, fry light brown, dish up and serve as hot as possible.

**CURRIED EGGS.***Eufs au Kari.*

Boil six eggs for ten minutes. Take off the shells and cut them in halves lengthways, and scoop out the yolks. Fry a slice of streaky bacon, mince up finely, mix with a dessertspoonful of curry paste, and the yolks of the hard-boiled eggs. Fill the whites with the mixture, dress on a heap of plain boiled rice on a dish; stand the dish in the oven for a few minutes. Before serving, garnish with a few buds of watercress.

**FRIED EGGS À LA BONNE FEMME.**

Boil some eggs hard. When cold, peel, cut them into slices. Beat up a raw egg. Season the slices with pepper and salt, and dip them one by one in the raw egg. Crumb in white bread crumbs, and fry in clarified butter. Drain on a cloth. Dish up on a folded napkin. Garnish with fried parsley and serve.

**BAKED EGGS, GRATIN STYLE.***Eufs gratinés.*

Boil some eggs until hard, remove the shells, cut them into slices, and place them *en couronne* closely in a dish. Fill in the centre, and cover all over with the following:—A large spoonful of white sauce, a small piece of butter, two spoonfuls of grated Parmesan cheese, the juice of half a lemon, four yolks of raw eggs. Season with salt, pepper, and a little nutmeg; stir all quickly over the fire. When it begins to thicken, take it off, add two finely shredded eggs, and fill in the dish; smooth over the border with the remainder of the

sauce, strew some fried bread crumbs, mixed with grated Parmesan cheese over the top. Place it in a very hot oven for a few minutes to gratinate, and serve.

### SCOTCH EGGS.

*(Eufs à l'Écossaise.*

Remove the shells from six hard-boiled eggs, cut out the centres lengthways with a long vegetable cutter, fill the opening with a mixture of half a pound of force-meat or sausage-meat, a tablespoonful of cream, the yolk of a raw egg, well mixed and seasoned. After the eggs are stuffed, egg and crumb them carefully, fry them in hot fat or clarified butter. Cut the eggs quickly in halves, dish them up *en couronne*, so that each half overlaps the other. Place in the centre some crisped parsley. Sauce round the dish with tomato sauce, to which the remnants of the eggs finely chopped have been added.

### SCRAMBLED EGGS.

*(Eufs brouillés.*

Break four eggs into a basin, beat them up well, put into a stew-pan with a piece of butter. Season with salt and pepper, mix with a tablespoonful of white sauce or cream. Stir all over the fire until it begins to thicken; turn out on a dish or plate; garnish with parsley and toasted pieces of bread.

Finely shred truffles, mushrooms, or ham, may be added to eggs prepared this way.

**BUTTERED EGGS.***(Eufs brouillés au Beurre.*

Break four eggs into a bowl or basin, beat them, and put into a stew-pan with an ounce of melted butter, a dessertspoonful of milk or cream; season with pepper and salt. Stir over a quick fire until it becomes thick. Dress on a piece of buttered toast, and serve.

Eggs prepared thus can be varied by adding minced ham, tongue, or some kind of cold vegetables. Asparagus points is especially recommended for making a palatable savoury dish.

**FRIED EGGS, LYONNESE STYLE.***(Eufs frits à la Lyonnaise.*

Slice some onions very fine, season them with salt, pepper and cayenne, fry them gently in butter of a golden colour. Drain off the butter, put them on a hot dish, squeeze the juice of half a lemon over them. Have ready four fried eggs, trim them neatly, dress them on the onions; garnish with crisped parsley, and serve as hot as possible.

**SAVOURY EGGS, MAÎTRE D'HÔTEL.***(Eufs à la Maître d'Hôtel.*

Boil four eggs until hard, take off the shells, cut them in halves crossways. Scoop out the yolks, chop them together with some cooked ham, parsley, and a few leaves of tarragon; season with pepper and salt; moisten with a little fresh cream. Cut the ends of the halves of whites to make them stand, fill them with the mixture,

dress them in a pyramid on a round dish, place in the oven for a few minutes to get hot through. Sauce over with maître d'hôtel sauce, and serve.

### FRIED EGGS, ROBERT STYLE.

#### *Eufs frits à la Robert.*

Choose six large fresh eggs, boil them until hard, remove the shells, prepare a force-meat with finely chopped ham, cooked chicken meat, fillets of anchovies, and a slice of fat bacon, minced small. Pound all well together, season with salt and pepper, moisten with a yolk of raw egg and a little cream. Cover the eggs with this, dip them in egg, crumb in a mixture of crushed vermicelli and bread crumbs, fry in hot fat or lard. Cut into halves, dish up, garnish with fried parsley, and serve with piquant sauce.



## Farinaceous and Cheese Savouries, etc.

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### CHEESE MERINGUES.

#### *Meringues au Fromage.*

Whisk the whites of three eggs to a stiff froth, stir in gently three tablespoonfuls of Parmesan cheese, a pinch of salt, and a little cayenne pepper. Have ready some boiling butter, drop the mixture from a dessert spoon into the butter, fry a light brown colour. Drain very carefully and serve quickly, as they will not bear to stand long, and should only be prepared at the last moment.

### CHEESE SOUFFLÉS. No. 1.

#### *Soufflés au Fromage.*

Slake two tablespoonfuls of corn flour with a little milk, mix with a pint of boiling milk, work it well with one ounce of butter, and three table-spoonfuls of grated Parmesan cheese, the yolks of four eggs well beaten, a little salt and pepper. Whisk the whites of two eggs to a stiff froth, and mix gently with the above. Fill up three parts full some small buttered and floured soufflé moulds or cups. Bake in a quick oven for about twenty minutes, and serve hot in the cups.

**CHEESE SOUFFLÉS. No. 2.***Soufflés au Fromage.*

Dissolve two ounces of butter in a stew-pan, add one ounce of sifted flour, stir well, and mix about half a pint of milk. Stir vigorously until you obtain a smooth paste; season with salt, white pepper, and cayenne. Now add five ounces of grated Parmesan cheese, work well over the fire for a few minutes. When a little cool add five yolks of eggs. Whisk the whites of three eggs to a stiff froth, mix lightly, and fill up eighteen or more small paper cases; stand them on a baking tin, and bake for fifteen minutes in a quick oven.

**CHEESE SOUFFLÉ. No. 3.***Soufflé au Fromage.*

Take a quarter of a pound of grated cheese, two tablespoonfuls of flour, a small piece of butter. Mix all well with three yolks of eggs, season with salt, pepper, and cayenne. Beat the whites of the three eggs to a stiff froth, and mix them gently with the above. Place the mixture on a well-buttered dish, and bake in the oven until of a light brown colour. Have ready another dish, with folded napkin, on which the soufflé is served immediately after it is done.

**CHEESE BALLS.***Fritures de Fromage.*

Break two eggs into a basin, beat them until nearly stiff, stir in a quarter of a pound of grated Parmesan cheese and a dessert spoonful of corn flour; season with salt, pepper and cayenne; mix

all well together. Shape the mixture into small balls, and fry them in hot butter or lard until of a light brown colour. Drain them on a cloth, dish up on a folded napkin; sprinkle with grated Parmesan cheese, and serve.

### **CHEESE STRAWS.**

*Pailles au Parmesan.*

Prepare a paste with half a pound of flour, quarter of a pound of grated cheese, and half a pound of fresh butter. Proceed making the paste the same way as puff paste is prepared. Roll out the paste rather thin, cut some strips, twist both ends similar to screws. Place them on a baking sheet, dust with fine salt and cayenne, and bake them in a quick oven.

NOTE.—Puff paste trimmings, rolled out several times, sprinkled well with grated cheese, and seasoned with cayenne, will answer well to make the above.

### **CHEESE TURNOVERS.**

*Rissoles de Fromages.*

Prepare a mixture with a quarter of a pound of grated cheese, one egg, and seasoning. Roll out some puff paste, cut in oblong or round pieces, strew some grated cheese on the paste. Place on each piece a spoonful of the mixture, turn over, pinch down the edges, egg the tops, sprinkle some fine cheese over them, and bake.

### **CHEESE SCALLOPS.**

*Coquilles de Fromage.*

Soak a quarter of a pound of white bread crumbs in some milk, beat up two eggs and mix with the

crumbs, add a small piece of butter, and a quarter of a pound of grated cheese; mix all well together, season with salt and pepper, pour into scallop shells (previously buttered), sprinkle over with bread crumbs and grated cheese. Bake them in the oven until light brown, and serve.

### CHEESE CAKES.

#### *Petits Gâteaux au Fromage.*

Take equal quantities of flour, grated cheese and butter; season with salt, pepper and cayenne. Beat up three eggs to six ounces of flour, mix all up well, fill in small patty or tartlet moulds (well buttered). Bake in a quick oven and serve hot.

### CHEESE FRITTERS.

#### *Beignets au Fromages.*

Put half a pint of water in a stew-pan to boil, add a piece of fresh butter the size of a large walnut; season with salt, pepper and cayenne. When the water boils, stir in sufficient sifted flour to form a thick paste. Then take it off the fire, and work in half a pound of grated cheese, also four yolks of eggs; let it stand for a little while. Beat the whites of the four eggs to a froth, and add gradually to the mixture. Then proceed to fry by dropping spoonfuls of it into boiling lard or dripping. Drain and serve quickly.

### CHEESE FRITTERS (ANOTHER WAY).

#### *Beignets Soufflés au Fromage.*

Put a gill of milk into a stew-pan with one ounce of butter; when boiling, stir in quickly two

tablespoonfuls of flour, and stir over the fire until the sides and bottom of the stew-pan are perfectly dry ; then remove it from the fire, and add gradually a quarter of a pound of grated Gruyère, and a quarter of a pound of grated Parmesan cheese ; season with pepper, a little salt, and cayenne. Form some small even-sized balls, drop them into boiling fat or lard, fry to a nice golden colour, drain on a cloth, dish up in a pile on a dish, sprinkle with grated cheese, and serve.

### **CHEESE HOMINY SOUFFLÉS.**

Stir an ounce and a half of hominy into half a pint of boiling milk, work it over the fire with a wooden spoon until the preparation becomes stiff, then add half an ounce of oiled butter, one ounce of grated cheese, and two yolks of egg ; season with salt, white pepper and cayenne. Whisk the whites of two eggs to a stiff froth, and add to the mixture. Butter some china ramekin cases, or soufflé cases, fill in the mixture, and bake in a moderately heated oven for twenty minutes.

### **SAVOURY SEMOLINA.**

Take two ounces of best semolina, boil it in half a pint of milk, stir over the fire until well cooked, then remove from the fire. Add one ounce of butter, two ounces of grated cheese, pepper, salt and cayenne to taste, also a teaspoonful of made mustard. Mix well, and pile on to a shallow buttered dish ; sprinkle over with bread crumbs, grated cheese, a few bits of butter, and brown in the oven.

**NOUILLES À LA SUISSE.**

Prepare and roll out some Nouille paste, as directed on page 194; fold the rolled out pieces longways, and cut crossways into narrow strips. Loosen the strips and boil for a few minutes in salted water, drain, cool, and place in a stew-pan with one ounce of butter, one ounce of grated Gruyère cheese, and two tablespoonfuls of *béchamel sauce*. Season with pepper, and grated nutmeg, stir over the fire until thoroughly hot; dish up, sprinkle the top with freshly fried bread crumbs, and serve.

**WELSH RARE-BIT. No. 1.**

Cut some slices of stale bread about half an inch in thickness, toast it lightly on both sides, pare off the crust, and spread one side of each slice with butter. Cut some thin slices of Cheshire or Gloucester cheese, put it into an enamelled or metal plated pan, add a small piece of butter (half an ounce to a quarter pound of cheese), moisten with a tablespoonful of ale, season with a teaspoonful of made mustard and a pinch of cayenne pepper, and stir over the fire until the cheese is melted. Pour over the prepared toast whilst hot, and serve.

**WELSH RARE-BIT. No. 2.**

Mince very fine half a pound of Cheshire cheese, mix it with one ounce of warmed butter, two tablespoonfuls of fresh bread crumbs, a teaspoonful of prepared mustard, and two well-beaten eggs. Beat it well for five minutes; season with salt and pepper to taste, spread on buttered toast, put it in a hot oven just long enough to melt, and serve.

**SCOTCH RARE-BIT.**

Shred four ounces of cheese, put in a small enamelled saucepan, with half an ounce of butter, half a teaspoonful of prepared mustard, and a seasoning of pepper and salt. Place in the oven or in a stew-pan with boiling water just long enough to dissolve the cheese. Pour on a cheese dish with a hot water reservoir, or on buttered toast, and serve. If served on a cheese dish some fingers of toasted bread should be served with this dish.

**WELSH RARE-BIT, AMERICAN STYLE.**

Take half a pound of American cheese, remove the rind, and chop the cheese fine; put it in a saucepan with a wineglassful of old port or brown sherry, a teaspoonful of mixed mustard, a teaspoonful of Worcester sauce, a little cayenne pepper, and a small piece of fresh butter. Place the saucepan with contents over a good fire; keep stirring well until the whole is melted; then add a well-beaten egg. Continue to stir until the egg is set. Pour this over some hot buttered toast already dished up, and serve immediately.

**WELSH RARE-BIT, ENGLISH STYLE.**

Cut up half a pound of cheese (Cheddar or Gruyère) very fine, mix it with an ounce of fresh butter, a tablespoonful of fine bread crumbs, a teaspoonful of mixed mustard, season with salt and pepper; work all well together into a smooth mixture. Spread it on buttered toast, place it on a dish in the oven until well melted, and serve quickly.



**GRISINI AU GROS SEL.**

Sift half a pound of flour on to a board, make a well in the centre, add two ounces of oiled butter, one whole and one white of egg, well beaten, a tablespoonful of milk, a pinch of salt and a dust of cayenne. Mix well together, and work it until you obtain a smooth paste. Roll out into thin round strips about four inches long; lay them on a baking sheet, brush over with milk and water, sprinkle over with a little coarse freezing salt, and bake in a quick oven for about ten minutes. Tie up in bundles fastened with coloured ribbon, and serve, hot or cold. Plain grisini sticks can be made with Vienna bread dough, which must be well worked, until firm, before it is shaped into the round strips as above described.

**ZIGARAS À LA RUSSE.**

Take a gill of well reduced béchamel sauce, add to it a tablespoonful of double cream, allow it to get hot, and bind with the yolk of one egg. Season with salt, and a pinch of Nepaul pepper; when nearly cold add three ounces of finely minced rich Gruyère cheese. Divide the mixture into small heaps, give each the shape of a cigar, and enclose in a leaf of very thin *nouvelle* paste. To close the paste securely wet the edges with beaten egg. Press the ends tightly together, so that the cheese mixture may not escape in frying, dip into beaten egg and bread crumbs, shape again, and fry in hot butter or lard to a golden colour. Dish up, garnish with parsley, and serve.

**SCOTCH WOODCOCK.**

Have ready three or four pieces of well-buttered toast, spread them thickly on one side with anchovy paste, place them on the hot dish, well covered to keep warm, while the following is prepared. Beat the yolks of three eggs, stir in two large tablespoonfuls of hot cream, season with salt and pepper. Stir it in a saucepan over a quick fire until the sauce thickens, then pour it over the toast, and serve hot.

**CHEESE AND HAM TOAST.**

Melt a quarter of a pound of chopped cheese in a saucepan over the fire, add two tablespoonfuls of hot milk; season with pepper and salt. Have ready some buttered toast, cut in broad fingers, over which lay some thin slices of slightly fried ham. Spread the cheese mixture over these thickly, and serve as hot as possible.

**TOASTED CHEESE.**

*Pain grillé au Fromage.*

Cut some cheese into small pieces, put it in a saucepan with a small piece of butter, a tablespoonful of ale, a pinch of salt and pepper, and a little mixed mustard. Place the pan over the fire, stir well until all is melted and smooth. Have ready some hot buttered toast, dished up ready for serving; pour the mixture over the toast, and serve quickly.

**BROWN BREAD CHEESE SANDWICHES.**

*Sandwiches de Pain noir au Fromage.*

Cut some slices of brown bread, butter them, cover with slices of Cheddar cheese, sprinkle with cayenne, and make them into sandwiches. The cheese should be about a quarter of an inch thick. Place them on a baking sheet in a moderate oven until the cheese is melted, and serve as hot as possible.

**MACARONI.**

To cook macaroni properly proceed as follow :—Take half a pound of macaroni, add three quarts of water, which has been salted to taste. Let the macaroni boil for about thirty minutes, strain, and put back in the empty stew-pan with a piece of fresh butter, and stir for some minutes over the fire with a fork. Macaroni thus cooked forms the basis for many savoury dishes. They can be served by adding tomato sauce, white sauce, brown sauce, grated cheese ; chopped hard-boiled eggs, chopped truffles, etc.

**MACARONI AND POACHED EGGS.**

*Macaroni aux Œufs pochés.*

Break one pound of Naples macaroni into short lengths, rinse in water, place in a fire-proof dish or sauté pan in the oven, add two ounces of butter and enough milk to cover the macaroni. Stir up from time to time, as it will swell whilst cooking. When nearly done, season with salt, pepper, and grated Parmesan cheese, dress on a dish you intend to serve on, put again in the oven, with about half a pint of good brown sauce.

When quite done, poach some eggs, lay them carefully on the top, garnish with parsley, and serve.

### **BAKED MACARONI WITH CHEESE.**

*Macaroni au Fromage.*

Boil one pound of macaroni as directed in the first recipe; when drained, add a quart of milk, a quarter of a pound of fresh butter, and half a pound of grated Parmesan or Cheshire cheese. Mix all with the macaroni in a saucepan over the fire; whilst stirring, season with pepper, and salt. Spread it on a buttered gratin dish, sprinkle fine bread crumbs, and grated cheese over the top. Set it in a hot oven to brown, and serve.

### **MACARONI AU GRATIN.**

*À la Bourgeoise.*

Put some macaroni in a brown earthenware pot (fireproof), cover it with some beef broth, place it in the oven for about two hours, stirring from time to time, and adding some more stock, as required. When done, add a little hot milk, some grated Parmesan or Gruyère cheese, and season with salt and pepper. Dish up on an oval dish, sprinkle with fine white bread crumbs and grated cheese, brown with a salamander, and serve.

### **SPARGHETTI, WITH TOMATO SAUCE.**

*Spaghetti à la Tomate.*

Spaghetti is a kind of small macaroni paste; it is usually served whole. To cook same, have

ready some boiling water slightly salted, steep in the spaghetti until soft. Strain and cool them in water, taking care so as not to break them. Put them in stew-pan, and allow to boil for about twenty minutes; then strain. Dish up neatly on a hot dish, sauce over with a rich and well-spiced tomato sauce, put the dish in a hot oven for a few moments, and serve.

### MACARONI À L'ITALIENNE.

Take half a pound of lean beef or mutton, cut it into small pieces. Slice a small onion, and fry a golden colour in one ounce of butter; add the meat, and toss over the fire until browned. Then add a carrot cut very small, a few sprigs of parsley, one bay leaf, a little thyme, and one clove. Moisten with a glass of white wine, and about a pint of tomato sauce. Allow to simmer for an hour, strain, and remove the fat. Have ready half a pound of boiled macaroni, well drained; put this into the sauce with half an ounce of butter and one and a half ounces of grated Parmesan cheese; season with pepper, salt, and aromatic spices. Stir over the fire for fifteen minutes, and serve. If too dry, add as much more sauce as it will absorb.

## Salads and Sauces.

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### INTRODUCTION.

Nothing can be more attractive and agreeable than a well-prepared salad, and nothing can be more disagreeable than a badly prepared salad. It is a well-known fact to most that salad should be seasoned with some mixture, which mostly consists of oil and vinegar, salt and pepper. Lettuces generally form the foundation of plain salads, but there are numerous other edible plants which are used for salads. On the Continent almost every known vegetable is prepared for salad, as well as various kinds of cold meats, fish, game, etc.

Although British people are fond of mixed pickles, which is a salad in its infancy, they do not, as a rule, appreciate salads the same as foreigners do, as they cannot bring themselves to consuming "green meat" which is saturated with oil, which is really the first point with salads, although oils or other fatty substances used in the preparation of salads are not only good and wholesome in themselves, but they also preserve the flavour of salads in a remarkable degree. Good salad oil is considered the most digestible form in which oleaginous substances can be introduced to the stomach, which has a medical value in its combination with raw plants.

It is the Lucca oil or *huile de Provence*, which has the way of acting upon salads to bring out and preserve its delicate flavour.

Among the vegetables and herbs most suitable for salads, the following may be mentioned:—

Lettuces of all kinds, endive, batavias, water-cress, small cress, tomatoes, dandelion leaves, asparagus, cooked cauliflower, cucumber, cooked beetroot, French beans, broad beans, potatoes, radishes, celery, artichokes, parsley, basil, chives, tarragon, chervil, mint, garlic, onions, shallots, sorrell and nettle-tops.

Endeavour to have your salad vegetables as fresh as possible. They should merely be rinsed in fresh water, and drained immediately after. If, however, the vegetables be withered, they will become crisp and refreshed by steeping same in water for an hour or two. When trimmed, washed, and picked, let them remain in a cullender or wire basket for a time. Lastly, swing them gently in a dry napkin. Do not cut the salad leaves, but break the foliage with your fingers, as required for your salad bowl.

It is in dressing where the art of salad-making is exhibited. There is an old and wise saying I remember, which runs thus: "Be a sage with the salt, a miser with the vinegar, a spendthrift with the oil, and a maniac with the mixing."

On no account begin the mixing of your salad until shortly before it is required, and do not mix the dressing until the last minute. A wooden or horn spoon and fork are most adaptable for mixing salads.

The salad-dressing is best left at the bottom of the salad bowl, and should not be stirred until the salad is to be eaten. All undressed salad



vegetables are, with few exceptions, dangerously indigestible, and eaters cannot be too well recommended to the duty of mastication.

In composing a salad, every plant or herb used for its preparation should come in to act its part, like notes of music. The comical master cook, introduced by Damoineus, was asked once what harmony there was in meats. "The very same," he replied, "as the third, fifth, and eighth have to one another in music. The main skill lies in this, not to mingle (*sapores minime consentientes*) 'tastes not well brought together—in-elegant.'" And the same as the Paradisian Bard directs Eve, when dressing a "sallet" for her angelical guest (Milton's "Paradise Lost"). He gives the following curious recipe for the OXOLEON:—

Take of clear and perfectly good oyl-olive, three parts; of sharpest vinegar (sweetest of all condiments, for it incites appetite, and causes hunger, which is the best sauce); lemon, or juice of orange, one part; and therein let steep some slices of horseradish, with a little salt. In a separate vinegar gently bruise a pod of gimy pepper, and strain it to the other; then add as much mustard as will lie upon a half-crown piece. Beat and mingle these well together with the yolk of two new-laid eggs, boiled hard, and pour it over your sallet, stirring it well together. The super-curious insist that the knife with which the sallet herb is cut must be of silver, and some who are husbands of their oyl pour at first the oyl alone, as more apt to communicate and diffuse its slipperiness than when it is mingled and beaten with acids, which they pour on last of all, and it is incredible how small a

quantity of oyl thus applied is sufficient to imbue a very plentiful assembly of sallet herbs.

Here is Careme's receipt for a

### SALADE DE POULETS À LA REINE.

Like all his recipes it is somewhat costly. "Dress in a *poële*, or roast, four fine chickens, and when cold, cut them in pieces as for a fricassee. Lay the pieces in a basin with salt, pepper, oil, vinegar, whole parsley washed, a small onion sliced, or a shallot, and cover with a round piece of paper. Leave them in this seasoning for some hours. Boil eight eggs of the same size hard, and take off the shells; wash six fine lettuces. Half an hour before serving, drain the fowls upon a napkin, separating the small pieces of parsley and onions; take the leaves from the lettuces, preserving the hearts; cut the leaves small, season them as a salad usually is, and turn them into a dish, laying upon them in a circle the eight thighs of the fowls. In the centre put the wings; upon the top of the thighs lay the rumps or two of the breasts only; surmount these with the fillets, laying on the smooth side upwards, and the next the contrary way, or upside down; on these lay the two other breasts. Be careful to keep this entrée very neat and very upright. Make a border of eggs, cut in eight pieces, and between each quarter place upright small hearts of lettuces, and place it on the summit of the salad; then mix in a basin a good pinch of chervil, or some tarragon leaves, both being chopped and blanched, with salt, pepper, oil, ravigote vinegar, and a spoonful of aspic jelly, chopped small, the whole well mingled; pour it over the salad, and serve immediately. The vinegar used in salad should always be wine vinegar."

The Spanish saying referred to truly says, that to make a perfect salad there should be a miser for vinegar, a spendthrift for oil, a wise man for salt, and a madcap to stir the ingredients and mix them well together. This proverb is perfectly true, with the exception of the last member of the sentence. A patient and discreet man, rather than a madcap, should be entrusted with the duty of mixing the salad with its seasoning.

Some of the French emigrants who fled to England and other countries between 1790 and 1804 gained their livelihood by giving lessons in cookery; and Brillat Savarin tells us, in one of his chapters, that when in emigration at Boston, in America, he taught the restaurateur Julian to make "Œufs Brouillés au Fromage." Captain Collet also, he relates, made a great deal of money at New York, between 1794 and 1795, in making ices and sorbets. There used to be two Frenchmen in London who made good incomes by dressing salads, and each of them kept his cabriolet. One took a fee of 10s. 6d., but the other charged a guinea.

Three centuries ago many materials were used for salads which are not thought of now; among others, fennel, marsh-mallow tops, hops, wild marjoram, elder flowers, and a species of nettle. Tomatoes and asparagus were also at this period used as salads.

### FRENCH SPRING SALAD.

#### *Salade du Prêtre.*

This salad is composed of the tender blades of young maize, red wheat, or Indian corn, dandelion leaves, and seedling lettuce.

Shred the lettuce leaves finely; chop up coarsely the tender blades of maize, wheat, or corn, adding some finely minced onions and the dandelions. Put all in a salad bowl, and mix with two tablespoonfuls of salad oil, one of vinegar; season with pepper, salt, prepared mustard, a little chopped mint and tarragon, and mix well together.

### ENDIVE SALAD.

*Salade de Chicorée.*

Carefully clean, rinse in water, and dry the endive leaves; arrange it in the salad bowl, with some chopped onions or shallots; garnish with some garden cress and pickled slices of beetroot; season with salad dressing, and serve.

### LETTUCE SALAD.

*Salade de Laitues.*

Rinse some cabbage or cos lettuces; drain and dry thoroughly; break the leaves into convenient pieces. Prepare a dressing with finely chopped garden cress, tarragon, chervil, three yolks of hard-boiled eggs rubbed through a fine sieve, two tablespoonfuls of salad oil, one of tarragon vinegar, and a little French mustard. Work all until smooth, and lastly add the lettuce, and serve.

### LETTUCE SALAD (PLAIN).

Clean and break the lettuce as described in the foregoing recipe; season over with oil, vinegar, chopped parsley, pepper and salt, but all in proportion to the quantity of salad required.

**FRENCH SALADS.***Salades à la Française.*

In France salads are generally mixed separately, that is to say, they do not mix different kinds of salad in the same bowl, which no doubt is due to the difference of tastes. A Parisian gourmand assured me that a mixture of various kinds of salads, such as lettuces, small cress, watercress, and endive, is not good to the palate, as the one kind seems to kill the flavour of the other, and does away with the general character of French salads. It should therefore be borne in mind that a French salad consists of one kind only, with its respective seasoning and dressing.

**FRENCH LETTUCE SALAD.***Salade à la Romaine.*

Split some French cos lettuces down the stalk; divide the leaves into three or four pieces; rinse in cold water; shake it well in a light wire basket (these are especially used for draining salad in France). Place the lettuces in a salad bowl; season with pepper and salt; sprinkle over some coarsely chopped chives, tarragon, chervil, and parsley; mix with two to three parts of salad oil, to one part of French wine or tarragon vinegar. The dressing should always be mixed in a separate basin or in a large ladle; a little French mustard may be mixed with it, if preferred. The mixing should be done with a wooden fork or spoon.

Cabbage lettuces, endives, dandelion, and other salad plants are prepared in a similar way. Pickled beetroot is usually mixed with small

salads, such as corn salad, chicoré, escarolles, American cress, watercress, etc.

### ENGLISH SALAD. No. 1.

*Salade à l'Anglaise.*

Divide some cos lettuces down the stalk, wash and drain them, break off the leaves, and divide this into convenient pieces. Pick, wash and strain a few leaves of mint, some watercresses, a little mustard and cress. Place these in a salad bowl, season with pepper, salt, and a small quantity of moist sugar; dress with one part of salad oil and two of vinegar, garnish with slices of pickled beetroot, small quarters of hard-boiled egg, and serve.

### ENGLISH SALAD. No. 2.

Take two cabbage lettuces, one endive, rinse and wipe with a soft cloth; break the leaves into small pieces, place them in a salad bowl; add some shred celery and slices of cooked beetroot on the top. Season with pepper and salt, dress with some salad dressing, which is prepared with a small quantity of double cream in addition to the usual ingredients used for salad dressing.

### ENGLISH SALAD. No. 3.

Clean, rinse and drain some cabbage lettuces, watercresses, mustard and cress, and a few spring onions; break the lettuce leaves into convenient pieces, slice one or two ripe tomatoes, peel and slice a piece of cucumber. Place all alternately into a salad bowl; add a few slices of lemon cut into quarters, a small quantity of finely minced shallots;

garnish the top with slices of lemon, cucumber and tomato, and serve with mayonnaise sauce.

#### ENGLISH SALAD. No. 4.

Take some white cos or cabbage lettuces, rinse and clean, break the leaves into strips about an inch broad, place them in a clean cloth, gather up the four corners, and thus shake out the water, in order to drain the salading. Throw some finely minced green mint amongst the lettuce, put all, into a salad bowl; garnish round the salad with washed and scraped radishes, a few peeled button onions, some small bunches of garden cress. Season with pepper and salt, and serve with ordinary salad dressing or vinaigrette.

#### FAVOURITE SALAD.

Clean, wash and drain equal proportions of cabbage or cos lettuces, watercresses, small cress, shred celery and spring radishes. When properly drained put all into a salad bowl, garnish the top with slices of cooked beetroot, and a few slices of hard-boiled egg. Season and dress with two table-spoonfuls of salad oil, one of tarragon vinegar, and the juice of half a lemon, a few chopped green onions, or chives, with tarragon, chervil, pepper and salt; mix all well, and serve.

#### APPLE AND CUCUMBER SALAD.

*Salade de Pommes et de Concombres.*

Peel equal quantities of cucumber and sour cooking apples (cored); cut them into thin slices; season with salt, pepper and lemon juice. Place



all into a salad dish, pour over sufficient slightly whipped cream to cover, sprinkle a little cayenne pepper over the top, and serve.

### SWISS SALAD.

*Salade à la Suisse.*

Place in a circular row into a salad bowl, ripe tomatoes cut in slices, cooked French beans, green peas, and fill the centre with slices of cooked beetroot. Mix these well, and season with mayonnaise sauce or vinaigrette.

### CELERY SALAD.

*Salade de Célérie.*

Clean the heads of white crisp celery, also some brown cos lettuce; rinse and drain, shred the celery, along with the white parts of the lettuce leaves; put into a salad bowl, season with pepper and salt, dress with mayonnaise sauce, garnish with a few sprays of watercress, and serve.

### SUPPER SALAD.

Prepare some white cos lettuce by cutting it down the stalk, break off the leaves; rinse, drain, cut them into very fine strips, similar to julienne roots. Chop the whole of a hard-boiled egg and mix with the salad. Prepare a dressing with two yolks of hard-boiled eggs, rubbed through a wire sieve, mix with two spoonfuls of white sauce (béchamel or melted butter sauce), one tablespoonful of vinegar, a small quantity of finely chopped capers and gherkins, pepper and salt. Pour the sauce over the salad, sprinkle a little chopped parsley on top, and serve.

**GERMAN SALAD.***Salade à l'Allemande.*

This salad is composed of sliced cold potatoes, brussel sprouts, cauliflower, or any other kind of cold vegetable. The vegetable is cut into convenient small pieces. Season with two parts of oil, one of vinegar, chopped parsley, pepper and salt. Garnish with three sliced sour apples and slices of cooked and pickled beetroot.

**TOMATO SALAD. No. 1.***Tomates en Salade.*

Cut some ripe tomatoes into slices, lay them in a salad bowl with a few thinly cut rings of a large Spanish onion, sprinkle with chopped parsley, dust with pepper, salt, and moist or castor sugar. Dress with tarragon or malt vinegar and oil, serve with a bottle of salad dressing; so that the guest may help himself to it, if he prefers richer seasoning. The onion rings may be left out if not cared for.

**TOMATO SALAD. No. 2.**

Slice some tomatoes, with a small proportion of cold potatoes; arrange both neatly in the salad bowl. Place the yolks of two raw eggs into a small basin, add pepper and salt to taste; stir in drop by drop two tablespoonfuls of salad oil. When thick, add the same quantity of malt vinegar, and a few drops of chilli vinegar; pour over the salad. Garnish with a few sprigs of parsley, shred celery, and serve.

**TOMATO SALAD. No. 3.**

Slice one pound of ripe tomatoes, half a pound of yellow tomatoes, a quarter of a pound of sour cooking apples, cored and peeled, half a lemon, all thinly sliced. Lay these alternately in a salad dish, season with pepper and salt. Pour over a mixture of four tablespoonfuls of vinegar, one of salad oil, a teaspoonful of Worcester sauce; sprinkle with a little chopped parsley, and serve.

**TOMATO SALAD. No. 4.**

Peel the skin off the tomatoes, which is best done by scalding them with boiling water. Slice the tomatoes, mix with a few slices of cucumber, thinly cut, arrange these in a salad bowl, garnish with a few stuffed olives, some slices of hard-boiled egg, cover with prepared mayonnaise sauce, sprinkle with lemon juice, and serve.

**TOMATO SALAD. No. 5.**

Cut some ripe red tomatoes into slices; arrange these neatly in the salad dish; garnish the top with thin rings of Spanish onions, allowing, say one ring to six slices of tomatoes. Prepare a seasoning of two parts of oil, one of vinegar, a little chopped parsley and gherkin, pepper and salt to taste, and pour over the whole. Garnish with a few sprigs of freshly picked parsley, and serve.

The rings of onions are not usually served except to gentlemen. They are simply a flavourer, and help to garnish.

*N.B.* When assisting a lady to dishes with onions never give the onions with the tomatoes, unless you are especially requested to do so.

**SUMMER SALAD.***Salade d'Été.*

Cut up some cold beef into thin slices, which put into a salad bowl with half the quantity of small lettuce leaves. Season over with, say, five tablespoonfuls of salad oil, two of vinegar, a teaspoonful of salt, half of pepper, and a little chopped parsley. Mix all well together with a wooden fork and spoon, and serve.

Instead of the lettuce, endive, celery, or cucumber may be used, in order to make a change. To vary the seasoning a little chopped tarragon and chervil, chopped gherkins, chopped shallots or scraped garlic can be added with the dressing. In place of beef, cold veal or mutton may be used. This salad is considered very wholesome; it is a cheap dish, quickly prepared, and greatly appreciated on the Continent during the hot weather.

**BEETROOT SALAD.***Salade de Betteraves.*

Cut some boiled or baked beetroot into thin slices, chop evenly a small mild Spanish onion, mix with the root, dish up. Season with pepper and salt, dress with oil and vinegar to taste, and serve.

**BREAKFAST OR LUNCH SALAD.***Salade du Déjeûner.*

Skin some ripe tomatoes by pouring boiling water over them. When skinned, put the tomatoes into cold water to get cool; drain and dry a little, cut them into sections, the same as you would divide an orange. Slice a peeled cucumber, break

up a few cleaned lettuce-leaves into small pieces; put all into a salad bowl, sprinkle some finely cut spring onions over the salad, add some seasoning of oil and vinegar or salad dressing, mingle well together, and serve.

### WINTER SALAD,

*Salade d'Hiver.*

Peel some small Spanish onions, stamp out the centre with a long cutter, place a small piece of fresh butter in the centre of each, braize them in the oven until quite tender. When cold, cut them into slices, arrange the slices neatly into a salad bowl. Clean a few sardines, take out the bones, cut them into small fillets, and lay upon the onions. Garnish the top with slices of hard-boiled egg. Prepare a dressing with mayonnaise sauce, chopped tarragon and chervil, chopped gherkins, pepper and salt to taste; pour over the salad and serve.

### THE POET'S RECIPE FOR A WINTER SALAD.

This recipe is ascribed to the Rev. Sydney Smith. Although it has appeared in several cookery books and magazines during the course of its existence, I repeat it in this book, as an excellent salad can be prepared when putting the precept into practice.

“Two boiled potatoes, passed through kitchen sieve,  
Softness and smoothness to the salad give;  
Of mordant mustard add a single spoon.  
Distrust the condiment which bites too soon;  
Yet deem it not, thou man of taste, a fault,  
To add a double quantity of salt.  
Four times the spoon with oil of Lucca crown,  
And twice with vinegar procured from town;

The flavour needs it, and your poet begs  
 The pounded yellow of two well-boiled eggs ;  
 Let onions' atoms lurk within the bowl,  
 And, scarce suspected, animate the whole ;  
 And, lastly, in the flavoured compound toss  
 A magic teaspoon of anchovy sauce.  
 Oh, great and glorious ! Oh, herbaceous meat !  
 'Twould tempt the dying anchorite to eat ;  
 Back to the world he'd turn his weary soul,  
 And dip his fingers in the salad bowl.  
 Then, though green turtle fail, though venison's tough,  
 And ham and turkey are not boiled enough,  
 Serenely full the epicure may say,  
 'Fate cannot harm me—I have dined to-day !'

### BEETROOT AND EGG SALAD.

*Salade aux Œufs et Betteraves.*

Cut some cooked beetroot into medium-sized slices, also the same quantity of hard-boiled eggs, cut as the beetroot. Season with one part of oil, two of vinegar, pepper and salt ; sprinkle a little freshly chopped parsley over the top, and serve.

### DUTCH BEETROOT SALAD.

*Salade de Betteraves à la Hollandaise.*

Cut the cooked beetroot used for this salad into slices ; stamp these out with a fancy cutter, place them on a deep dish, and cover with vinegar. Boil some eggs hard ; when cold, separate the white from the yolk. Chop the whites coarsely, and stir into some aspic jelly, which must be whipped until it becomes a stiff but liquid froth. Put a little of half-set clear aspic jelly into a mould, cover next with a layer of pickled beetroot, shred lettuce and small cress, pouring a little whipped aspic between each layer. Proceed until the

mould is filled up, put it into the cool to set. When firm, turn out on a dish, with a napkin. Spread some thick mayonnaise sauce over top and side, thinly. Garnish all over with the slices of drained beetroot, putting little sprays of parsley and the yolks of egg between the vacant spaces, and serve.

### EGG SALAD.

*Salade aux Œufs.*

Boil the eggs hard, steep them into cold water to get cool, remove the shell, and cut them into slices. Place in a salad bowl or deep dish, season with salt, pepper, oil, vinegar, a little chopped parsley, and serve.

### CUCUMBER AND TOMATO SALAD.

*Salade de Concombres et Tomates.*

Chop some shallots finely, sprinkle over the bottom of a salad dish, peel and cut transparent slices of cucumber. Lay these into the dish with one-third of the quantity of sliced ripe tomatoes. Squeeze half a lemon over this, season with pepper and salt, mix gently, and ornament the top with thin slices of lemon, cut into quarters, slices of cucumber and tomato. Sprinkle with a little freshly chopped parsley, dress with oil and vinegar, and serve.

### CUCUMBER SALAD.

*Salade de Concombres.*

Peel and slice the cucumber very thin, season with pepper and salt, place it on a hair sieve to drain, dress with two parts of salad oil to one of



vinegar. Dish up into small glass dishes, sprinkle a little chopped parsley over the top, and serve. This salad is principally served with boiled salmon, roast lamb, hot or cold, and is considered most digestible.

### GERMAN CUCUMBER SALAD.

*Salade de Concombres à l'Allemande.*

Slice a quantity of peeled cucumber, chop rather coarsely half a Spanish onion, season with salt and white pepper. Place this, mixed up, in a dish, cover over with another dish for twenty minutes, then drain. Dish up in a salad bowl, garnish the top with small rings of onion and chopped parsley, dress with oil and vinegar, adding a few drops of chilli vinegar, and serve.

### SWISS CHICKEN SALAD.

*Salade de Poulet à la Suisse.*

Prepare some finely shred lettuces, celery, and beetroot, fill up in a border mould, add some seasoning and aspic jelly to set it. When firm, turn out on a dish. Have the white portions of a cold fowl picked from the bones, cut these into small shreds, pile it in the centre of the dish; pour over, to cover it, a little thick mayonnaise, enriched with a small quantity of whipped cream. Garnish the top of the border with thin rings cut from whites of eggs, and some rings stamped out of slices of beetroot. Chop a small truffle finely, sprinkle over the top, and serve.

### SHRIMP SALAD.

*Salade d'Écrevisses.*

Pick some shrimps or crayfish tails, mix these with chopped red chillies and sliced cucumber,

season with pepper and salt. Dish up in a heap on a deep dish, dress with oil and vinegar. Garnish with slices of cucumber and parsley.

### COLD MEAT SALAD, FRENCH STYLE.

*Salade de Viande à la Française.*

Cut some cold roast or boiled meat into very thin slices, about two or three inches in length, and one inch broad. Chop finely four anchovy fillets, one shallot, one small button onion, and a little parsley. Place these in a salad bowl, mix with two tablespoonfuls of oil, one of wine vinegar, a dessertspoonful of tarragon vinegar, a little French mustard, pepper and salt. Stir well and add the cold meat slices; put in a few at a time, so as to get the seasoning thoroughly incorporated. Cover the bowl, and let it stand for two hours, then dish up. Garnish with parsley and pickles, and serve.

### POTATO SALAD, No. 1.

*Salade de Pommes de Terre.*

Cut up some cold potatoes into round or oblong slices, the thickness of a penny piece. Rub the salad bowl with a small cut onion, a little garlic or shallot; lay in the slices of potatoes in rows, garnish with pickled red cabbage, slices of pickled beetroot, sprigs of parsley, and a few small bunches of watercress. Pour over a seasoning of two parts of oil, one of vinegar, pepper, salt, chopped parsley, and a little cayenne.

### POTATO SALAD, No. 2.

Cut some boiled potatoes, when not quite cold, into thin slices; mince up finely some pickled

cucumbers, gherkins, button onions, and chillies. Mix these and place in a salad bowl, season with pepper and salt, dress with mayonnaise sauce, and garnish with some capers and thin strips of filleted Gorgona anchovies. Sprinkle a little chopped parsley over the salad, and serve.

### POTATO SALAD, No. 3.

Cut the potatoes into thin slices, put them in a salad bowl, mix with one part of vinegar, two of salad oil, a little chopped chives and parsley, a small quantity of chopped capers, season with pepper and salt. Stir all well, so as to incorporate all the seasoning. Garnish with trimmed olives, mixed pickles, slices of hard-boiled egg, and serve.

### FRENCH POTATO SALAD.

*Pommes de Terre en Salade à la Française.*

Pick out some small round potatoes, boil or steam them in their jackets, peel and slice them whilst warm, place the slices in layers into a salad bowl; season each layer with a little pepper, salt, chopped chives, parsley and shallots. Beat up three parts of oil, and one of vinegar, with a small quantity of French mustard. Add this to the salad, stir it gently with a wooden fork and spoon. Garnish the salad with sliced pickled gherkins, olives, and pickled beetroot, and serve.

### GERMAN POTATO SALAD.

*Salade de Pommes de Terre à l'Allemande.*

The ingredients for a real German potato salad are, small round red potatoes, some sardines, beet-

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root and celery, anchovies, capers and olives. The potatoes are boiled in their jackets, peeled, sliced rather coarsely whilst warm, and placed in the salad bowl, the inside of which has previously been rubbed with a piece of garlic. The sardines are wiped, boned and cut into small pieces, the beetroot, pickles and celery are cut into shreds, the capers and turned olives chopped rather coarsely. All these ingredients are added to the salad, and well mixed. The dressing to the proportion of three tablespoonfuls of salad oil is prepared as follows:—Press the yolks of three hard-boiled eggs through a sieve into a basin, add pepper, salt, a little German mustard and a small quantity of paprika pepper; stir well with a wooden spoon, and add by degrees, the oil, with one or two tablespoonfuls of strong wine vinegar, and a teaspoonful of castor sugar. When well mixed, add two tablespoonfuls of thick cream. Pour this dressing over the salad just before serving, and sprinkle over with some chopped parsley. The anchovies are filleted, cut into strips, and laid across the salad in the lattice-work fashion.

### POLISH SALAD.

#### *Salade à la Polonoise.*

Cut some lobster-meat and cold fish (salmon or turbot) into coarse dice, moisten with a little lemon juice and sherry. Cut two large peeled apples\* into slices, also the same quantity of ripe toma-

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\* When apples are used for salad, they should as soon as they are cut be thrown into cold water, to prevent them from getting brown; when required for mixing they should be wiped with a soft cloth.

toes. Slice two limes, and a piece of cucumber. Rub a salad bowl with a cut onion. Arrange all the above in neat layers in the bowl, cover with a stiff mayonnaise sauce, garnish the top with slices of cucumber, rings of onions and lemons, turned olives, capers, and lobster coral; sprinkle with cayenne pepper, and serve.

### BOLOGNA SALAD.

Cut some Bologna sausage into thin slices, take off the skin, dish up in circular rows or *en couronne* with alternate slices of hard-boiled egg. Prepare a salad of shred lettuce, beetroot and celery, seasoned with tartare sauce; fill in the centre of the dish in a heap, sprinkle with chopped parsley, and serve.

### FLEMISH SALAD.

*Salade à la Flamande.*

Cut off the heads and tails of three Dutch herrings (souced), wipe off the skin, cut them slantwise from the bone, divide the fillets in two small strips. Put them into a salad bowl, and add three small sour cooking apples, peeled and shred, a dozen slices of cooked beetroot cut into squares, a little shred celery, and a few cold brussels sprouts. Season with oil, vinegar, pepper, salt, chopped chives or green onions, mix thoroughly, and serve. Picked prawns or shrimps may be added to this salad, when in season.

### HAM SALAD.

*Salade de Jambon.*

Cut some very thin slices of raw Westphalian or cooked York ham, roll then up into olives.

Prepare some cabbage lettuce as for salad, and place the leaves cut small in the centre of a deep dish piled up. Arrange the ham olives with some washed and wiped spring radishes round the lettuce. Garnish with quarters of hard-boiled eggs, slices of pickled beetroot, small bunches of watercress or small cress, and serve with an ordinary salad dressing, which is placed on the table separately in sauce boat.

### ITALIAN SALAD. No. 1.

#### *Salade à l'Italienne.*

Prepare a mixture of a variety of cooked vegetables, such as potatoes, beetroot, French beans, peas, celery, brussels sprouts, buds of cauliflower, haricot beans, etc. Cut the potatoes and beetroot into slices, stamp these out with a small plain or fancy round cutter, cut up the other vegetables in conveniently sized slices, with the exception of the peas and haricot beans, which are left whole. Prepare equal quantities of each kind, put them into a basin, add a little shred cooked ham, fowl, or game, pickles and anchovies; season with salt, pepper, and tartare sauce; mix well together, yet lightly. Dish up in a salad bowl, garnish with a few turned olives, capers, and some slices of marinated tunny fish (*thon mariné*).

### RUSSIAN SALAD.

#### *Salade à la Russe.*

This salad is generally used for garnishing aspic borders, also for cold meat and fish entrées. It is composed of a macedoine of cooked vegetables, cut into little dice, or scooped out into oblong or

round shapes. The mixture consists of beetroot, carrots, gherkins, parsnips, a few capers, crayfish tails, lobster meat, or prawns; ham, tongue or any other kind of cooked cured meat are cut up in dice. All these ingredients are mixed in a basin and seasoned with very stiff tartare sauce. It is then dished up in a salad bowl, or set in aspic jelly. When dished up, garnish with small round balls of pressed Russian caviare and finely scraped horse-radish.

### TARTARE SALAD À LA SOYER.

Make a very thin flat border of fresh butter, about half an inch from the edge of the dish you intend to serve the salad on, cut some hard-boiled shelled eggs into quarters lengthwise; fix these upright close to each other, on to the border, arrange them so that the yolk and white are set alternately; if the tips of the eggs are cut off they will stand firmer on the border. Lay in the centre a layer of freshly cleaned and drained green salad, some small pieces of lobster meat over this; season and dress with salt, pepper, nutmeg, chopped onions, parsley, a little oil and vinegar; garnish with slices of gherkins and stoned olives, and serve.

### ITALIAN SALAD. No. 2.

#### *Salade à l'Italienne.*

Remove the white parts of the meat from the bones of a cold roast or boiled fowl, cut it into small strips (*à la julienne*), shred a little lean ham, the same quantity of tongue; mix amongst the chicken meat. Place all in the centre of a



dish, make a border round the dish of finely shred lettuces, endives, and celery. Stamp out some rounds of sliced beetroot and artichoke bottoms, garnish the border with same. Sauce the centre with mayonnaise dressing, decorate with rings of hard-boiled white of eggs, and serve.

### TRUFFLE SALAD.

*Salade aux Truffes.*

This salad consists of finely shred black Perigord truffles, with an equal quantity of shred white stalks of celery, about an inch long. It is lightly seasoned with *royal salad sauce*, dished up in a heap in the centre of a dish. Garnish round the edge with chopped whites and yolks of hard-boiled eggs, and serve.

### SALMON TROUT MAYONNAISE À LA BÀLOISE.

Boil slowly one small salmon trout; when cold, remove the skin, cut the fish into neat pieces, put the remnants of fish from bones in a mortar, work to a paste, season with pepper and a little ground mace, adding a little liquid aspic jelly. Mask a border mould with aspic jelly. decorate the bottom and sides with macedoine of vegetables which are tossed in a little liquid aspic before use. Fill up the mould alternately with layers of fish-paste, and stiff mayonnaise sauce to which some strong dissolved aspic has been added; now put it on the ice to cool. When set, turn out on a dish. Arrange the pieces of salmon trout with finely shred lettuce in the centre, cover with mayonnaise sauce, garnish with a border of small garden cress, endive, and lobster coral.

**GAME SALAD.***Salade de Gibier.*

Remove the meat of any kind of cold roast game from the bone, cut it into neat pieces, put these in a deep dish, season with pepper and salt. Pour over some Lucca oil, a little tarragon vinegar, and the juice of a lemon; lay a bay leaf and a few slices of lemon with the meat, and let it stand for a few hours, turning it from time to time, so as to incorporate the seasoning with the meat. Shred some clean and dry lettuce leaves very finely, place some of these at the bottom of a salad bowl or deep dish, then a layer of the meat, and finish up with a layer of meat. See that the last layer is neatly and smoothly arranged. Ornament the top with some slices of hard-boiled eggs. Pour some tarragon mayonnaise over the salad just before it is served. The dish may be garnished with slices or quarters of hard-boiled eggs, curled celery, and neatly cut dice of aspic jelly.

**AMERICAN SALAD.***Salade à l'Américaine.*

Take the white leaves of a solid, close-hearted cow-cabbage, cut them into fine shreds, mix with a few pickled chilli pods. Dish up, season with mayonnaise sauce, and serve.

**INDIAN SALAD.***Salade à l'Indienne.*

Pick the leaves and flowers of a giant nasturtium plant, steep them in cold water, drain in a napkin or soft cloth. Cut the leaves into

small pieces, add a small quantity of peeled and cored apple slices and some thinly sliced cucumber. Mix up and put in a salad bowl, garnish with slices of limes, small bunches of mustard and cress, and a few crimson capsicum pods and the nasturtium flowers. Serve with a mayonnaise sauce in which has been incorporated some preserved tamarinds, and a little finely chopped garlic and shallot.

In India this salad is also served with a kind of vinaigrette sauce prepared with two parts of vinegar, one of oil, salt, black pepper, cayenne, and chopped parsley and moist sugar.

### LOBSTER SALAD.

*Salade de Homard.*

Take the meat out of the lobster shell, cut it into small pieces, place it alternately with layers of small pieces of lettuce and endive in a salad bowl or deep dish. Season with pepper and salt, dress with oil and vinegar, or mayonnaise sauce. Garnish with quarters of hard-boiled eggs, sliced beetroot, fillets of anchovies and parsley.

Almost any kind of cold fish can be prepared in this way.

### GERMAN LOBSTER SALAD.

Pick the flesh out of the body and claws of one or more large lobsters, ready boiled, cut it into longish strips, and lay them in a salad bowl. Mince up according to the quantity of salad required some shallots, parsley, tarragon, chervil very fine, season with salt, pepper, oil and vinegar in proportion, and mix up with the lobster meat. Pour over some mayonnaise sauce made with yolks

of eggs, oil, salt, a little chilli vinegar, and a glass of Rhine wine. Garnish with coarsely chopped whites and yolks of eggs, lobster coral, a few boned and rolled anchovies, and capers. A few small round caviare croûtons may be dressed in a border round the dish.

### SALADE DU GOURMET.

Shred the white parts of some cos lettuce leaves, the white stalks of some celery very fine. Season with salt, pepper, and cayenne; dress with a small quantity of royal salad sauce; pile up lightly but evenly in a deep dish. Garnish round the edge with a border of thin slices of Lyons sausage and tongue, so that one slice overlaps the other, sprinkle the top with coarsely chopped truffles and yolks of hard-boiled eggs, which are rubbed through a coarse wire sieve. Garnish the dish with parsley, and serve.

### SALADE À LA CARRANOVA.

Cut equal quantities of beetroot, white celery, artichoke bottoms and black truffles into thin strips (*à la julienne*) about an inch and a half in length, place them in a bowl, and season with a little mayonnaise sauce in which has been incorporated a small quantity of French mustard. Mix lightly, so as not to break the vegetable; dish up in the centre of a deep round dish; sprinkle over with chopped parsley and chopped hard-boiled yolks of eggs, and serve.

### MAYONNAISE DRESSING.

Beat up the yolks of two raw eggs with a little salt. Use a wooden spoon, and stir until thoroughly

smooth. Add a dessertspoonful of thickly mixed mustard ; pour in by degrees, whilst stirring, three quarters of a pint of salad oil, a quarter of a pint of tarragon or malt vinegar, a dessertspoonful of anchovy sauce. Stir until it has the appearance of a creamy substance. This dressing will keep for a long time if kept in a corked bottle. It will improve its keeping properties if a tablespoonful of boiling water is stirred in drop by drop just before bottling.

### ROYAL SALAD SAUCE.

*Sauce froide à la Royale.*

Pour in a mortar six yolks of hard-boiled eggs, six Gorgona anchovies, washed, wiped, and boned, a small handful of capers, three tablespoonfuls of French mustard, together with two yolks of raw eggs ; then add a handful of parboiled and well squeezed tarragon, chervil and chives, work in by degrees three quarters of a pint of salad oil, diluted with a gill of vinegar. The whole must be worked into a smooth substance, which is passed through a fine hair sieve or tammy cloth. Salt, pepper and cayenne may be added before or after it is passed.

This makes an excellent dressing for all kinds of salading ; it is also used for broiled fish or meat dished, served *à la tartare*.

### TARTARE SAUCE.

Prepare some mayonnaise sauce, adding therewith a small quantity of French mustard, a few finely minced gherkins, a teaspoonful of anchovy essence, and some chopped chives, or spring onions, tarragon and chervil leaves.

**SALAD DRESSING À LA REFORME.**

Shred finely some large black truffles, the whites of hard-boiled eggs, three times the quantity in proportion to the truffles; add some mayonnaise sauce to this. Stir up gently, and serve with any kind of salads of fish, poultry, or game.

**VINAIGRETTE SAUCE.**

This sauce is principally used for cold meat salads, but will serve equally as an ordinary salad dressing for green salads.

A vinaigrette sauce is composed of two parts of salad oil, one of vinegar, pepper and salt to taste, a few chopped capers, gherkins, shallots or chives, tarragon and chervil leaves, and parsley, all finely chopped.

Besides salads, vinaigrette is suitable for almost any kind of cold meat, fish and vegetables; and especially for calf's head, calf's brain, salmon, trout, turbot, sliced hard-boiled eggs, asparagus, green artichokes, *fonds* of artichokes, etc. When so dressed they are termed *à la vinaigrette*, and are garnished with capers, gherkins, fillets of anchovies, beetroot, hard-boiled yolk and white of eggs, etc.

**MY "OWN" SALAD DRESSING.**

Boil two eggs until hard, put them into a basin of cold water until quite cold. Cut them in halves, take out the yolks and rub through a fine sieve with a wooden spoon; mix this with a tablespoonful of fresh cream, add three tablespoonfuls of Lucca oil, a teaspoonful of fine salt, one half of castor sugar, one half of

prepared mustard and cayenne, or Nepaul pepper to taste. Mix these well together, and add gradually three tablespoonfuls of malt or wine vinegar; stir until thoroughly smooth. Pour it down the side of the salad bowl, and mix it when the company is ready for it. The whites of egg can be cut in slices, and used for garnishing the top of the salad.

#### MAYONNAISE SAUCE.

Take three yolks of raw eggs, place them in a round-bottomed basin; add a little pepper and salt. Stir round quickly with a wooden spoon, adding drop by drop, about half a pint of Lucca oil, and half that quantity of vinegar. Stir until it has the appearance of a firm and smooth substance.

#### TARRAGON MAYONNAISE SAUCE.

Place three yolks of raw eggs in a round basin, season with pepper and salt; stir with a wooden spoon, adding by degrees half a pint of salad oil, half a gill of tarragon vinegar, the juice of half a lemon, and a few drops of chilli vinegar.

Mayonnaise sauces can be flavoured with shallot vinegar, basil vinegar, tomato vinegar, according to the palate or taste.

#### SALAD MIXTURE.

The following ingredients prepared in the proportions stated make an excellent dressing for vegetable salads:—

Three yolks of hard-boiled eggs, rubbed through a sieve; one dessertspoonful of English mustard;



one dessertspoonful of salt; four dessertspoonfuls of Worcester sauce or mushroom ketchup; four tablespoonfuls of salad oil; four dessertspoonfuls of vinegar; and one teaspoonful of white or black pepper. All is stirred up well, and poured over the salads, in proportion to the quantity of salad required.

### PARISIAN SALAD DRESSING.

Take three hard-boiled eggs, keep the whites by you; break two raw eggs, separate the yolks from the whites and drop the whites into boiling water to harden them, and put them with the other whites. Mash up in a bowl the three yolks of hard-boiled eggs; add the raw yolks to moisten, season with salt, white pepper and cayenne; stir in drop by drop, five tablespoonfuls of salad oil and two of tarragon or wine vinegar, also half a tablespoonful or more of finely chopped onions, the same of chervil and chives. When worked quiet smooth, add either two tablespoonfuls of rich cream, or else melted butter, then chop finely the whites of the eggs, add them to the salad, and use the dressing as required.

### CHRYSANTHEMUM SALAD.

Pick, wash and drain the flowers, place them in a basin and mix with a little vinaigrette or mayonnaise sauce; arrange in a heap in a glass dish, garnish with shredded truffles, celery and Indian pickles, and serve.

Chrysanthemum flowers are also very delicious if cooked in slightly salted water with a clove, and served hot with a chutney or curry sauce.

## Sour Fruit Salads.

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Sour fruit salads are served with any kind of roast game, birds and poultry, and are most delicious served with boiled or braised salmon and trout.

### **TOMATO AND PEAR SALAD.**

*Salade aux Tomates et Poires.*

Cut some ripe tomatoes and thinly peeled pears into slices, in equal proportions, lay them in a deep dish, dust with salt and pepper, cover over with mayonnaise sauce, and serve.

### **LEMON AND APPLE SALAD.**

*Salade aux Citron et Pommes.*

Peel some thin rinded Messina lemons and green sour cooking apples. Core the latter; slice equal quantities of lemon and apples into a dish. Season with moist sugar, pepper and salt, dress with oil and vinegar; mix well, and serve.

### **APPLE SALAD. PERIGORD STYLE.**

*Salade de Pommes à la Périgord.*

Procure some sour codling apples, cut them into thin slices, stamp out the cores, but do not

peel them. Slice an equal quantity of cucumber ; put these into a salad bowl, and add a few thin rings of Spanish onion, and a few black truffles cut into thin shaves. Mix all well, keeping a few of the best slices of each to garnish the top, with a few turned olives. Season with pepper and salt ; dress with oil and vinegar, and serve.

### PEAR AND PLUM SALAD.

*Salade de Poires et Pruneaux.*

Skin some large ripe but sound Victoria plums, stone them, and cut into neat slices. Slice some pickled pears, and arrange the slices with the plums on a dish. Sprinkle with a little salt and pepper, cover over with mayonnaise sauce, decorate the top with chopped truffles, and serve.

### MELON SALAD.

*Salade de Melons.*

Slice the melon into a deep dish, add some slices of Spanish onions between, season with pepper and salt, cover over with a plate or small dish ; let it stand for a half an hour. Pick out the slices of onions, dress with two parts of salad oil, one of vinegar, and one of lemon juice ; dust with a little cayenne pepper, and serve.

### ORANGE SALAD. No. 1.

*Salade d'Oranges.*

Wipe and peel some juicy Valencia or any other kind of acid-flavoured oranges ; cut them into slices, remove the pips, arrange the slices

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on a deep dish. Dress with salad oil and lemon juice, season with a little cayenne, and serve with almost any kind of roast game or poultry.

**ORANGE SALAD. No. 2.**

Take four sweet oranges (Valencia or St. Michael's) and two Seville oranges, peel them and slice them into thin rings, remove the pips. Place these alternately on a dish, in circular rows, so that each slice overlaps the edge of the other. Squeeze two small lemons over the fruit, also a little white wine vinegar, season with pepper, salt and cayenne, and serve.

**ORANGE SALAD. No. 3.**

Peel some Valencia and blood oranges, taking care not to leave any white skin on the flesh; break the oranges into their divisions, which must be done carefully, so as not to break the skin. Put the pieces into a salad bowl, pour over two parts of oil, one of vinegar, and the juice of a lemon. Season with salt, pepper and cayenne; dust with castor sugar, cover over, and let it stand for an hour, then serve.

## Oriental Dishes.

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### INDIAN KEDGEREE.

*Kedgère de Poisson à l'Indienne.*

Remove the bones from any kind of cold fish (salmon, turbot, cod, etc.); chop up an onion finely, broil in a stew-pan with a piece of butter. Stir in a handful of dessicated cocoanut, finely grained, add half a pint of milk, and the pieces of fish; also one or two hard-boiled eggs, chopped coarsely; season to taste. Let all simmer gently whilst stirring for a quarter of an hour, then add a dessertspoonful of curry paste, and two teaspoonfuls of boiled rice. Mix well together. Let it simmer for another few minutes; then dish up and serve with some freshly toasted bread or milk biscuits.

### INDIAN BHAURTA.

*Bhaurte à l'Indienne.*

Boil in white stock two small onions, chop finely, mix with some mashed potatoes, season to taste. Butter a border or other mould, strew with fine bread crumbs, sprinkle with curry powder. Fill the mould with the above, and bake in a moderate oven for a quarter of an hour. Turn out on a round dish, and serve with curry sauce.

**MADRAS HARD-EGGS.***Oufs durs à la Madras.*

Slice thinly a large onion, put it in a stew-pan with a piece of butter, and fry until light brown. Take out the onion slices, add a teaspoonful of curry powder, also a teaspoonful of curds to the butter in the stew-pan. Let it simmer for a few minutes, thicken with a tablespoonful of flour, moisten with a pint of gravy. Let all boil for ten minutes; then add four hard-boiled eggs, cut into thick slices or quarters; also the onions. When thoroughly hot, dish up and serve.

**CURRIED POTATOES AND APPLES.***Pommes de Terre et Pommes au Kari.*

Slice six cold potatoes. Peel and slice half the quantity of sour apples. Egg the slices of potatoes, crumb them in a mixture of bread crumbs, chopped parsley, and curry powder, and fry. Dust the apples with flour, egg, crumb, and fry them. Dish them up in alternate slices, *en couronne*; dust well with curry powder, pile up some fried parsley in the centre, and serve.

**CURRIED APPLES.***Pommes au Kari.*

Peel, core, and cut into rings four large apples; dust the rings well on both sides with curry powder.

Mince half a dozen shallots, fry them lightly in butter; add the apple rings, and fry them gently until tender, and of a nice brown colour. Have ready a good curry sauce; dish up the apples

neatly on a round dish, sauce over with the curry sauce, and serve.

### ORIENTAL SAVOURY OF BEETROOT.

*Betterave à l'Orientale.*

Choose a nice-sized pickled beetroot, cut some round slices, about the size of a crown piece, and a quarter of an inch thick; dust with cayenne pepper; put a layer of anchovy paste on each piece. Prepare a mixture with one teaspoonful capers, one gherkin, and two chives, all finely chopped, one dessertspoonful of chilli vinegar, one tablespoonful of anchovy paste; mix all well together. Spread a little of the mixture on top of each round, put a round slice of hard-boiled egg over the mixture, and sprinkle with a little chopped parsley. Serve hot with toasted bread, or cold, with pickled and washed small cress.

### ZUDREE RICE.

Boil half a pound of rice in a quart of veal or chicken broth until nearly tender, then strain it. Colour the rice with saffron, which is done by boiling a scruple of saffron in a teacupful of broth, which is afterwards added to the rice. Set the stew-pan containing the rice near the fire, and let it stew gently until the broth is entirely absorbed by the rice. Season with pepper, salt, and a pinch of curry powder.

### MUTHA ZUDREE.

Prepare the rice as in the previous recipe, only add water instead of broth; colour it with saffron, and when done, add two ounces of powdered



sugar. Dissolve a quarter of a pound of butter over the fire in a stew-pan, add the rice, and allow it to stew gently on the fire until the rice has absorbed the liquor. Dish up, dust with a little curry powder, and serve.

### SHEEP'S BREADS CROÛTES À L'INDIENNE.

Stamp out some oval shapes of well-toasted and buttered slices of bread, sprinkle with grated cheese. Cut some slices of cooked sheep's or lamb's breads, and place on each toast. Season with French mustard, a dust of curry powder, and a pinch of cayenne, or Nepaul pepper. Sprinkle some grated cheese and fried bread crumbs over the top, place in a hot oven for about ten minutes, sprinkle with some chopped truffles, dish up, garnish with fried parsley; place here and there a little lobster coral on the top of the fried parsley, and serve.

### MADRAS PRAWN CURRY.

*Kari d'Écrevisses à la Madras.*

Take a pint of picked prawns, melt two ounces of butter in a stew-pan, mince an onion finely, and brown it in the butter; then put in the fish, season them with salt and pepper, and sufficient curry powder to flavour. Put a handful of cleaned spinach in a stew-pan, let it stew down without the addition of water. When tender, pass it through a sieve into the stew-pan containing the prawns. Let all simmer for a few minutes, so as to amalgamate properly; then dish up, garnish with fried bread sippets, and serve.

**HOSSYNU KUBAB.**

Fasten upon small silver skewers alternately slices of apples and meat (beef or mutton), cut into small round pieces; between each apple and meat skewer slices of onions. Sprinkle the kubabs with finely chopped shallots, cayenne pepper, and tumeric (ground), and fry them in a stew-pan with a quarter of a pound of butter. Plain boiled rice should be served with this dish.

**HOFTAHS OF CHICKEN.**

*Hoftahs de Volaille.*

Remove the meat of a boiled fowl, pound in a mortar with two small onions, previously boiled and minced, season with finely powdered marjoram, cayenne pepper, and salt. Shape some small balls. Egg and bread crumb them, and fry in hot fat or clarified butter. Dish up on a folded napkin, garnish with fried parsley, and serve.

**VEGETABLE CURRY.**

*Kari de Légumes.*

Cut some washed celery sticks into small pieces about an inch long, put two ounces of butter into a stew-pan. Roll the celery, some small onions and broccoli in curry powder. Place all in the stew-pan, add a cupful of good gravy, and stew gently until tender. Have ready a small quantity of hot mashed potatoes, seasoned with curry powder and a little salt. Dish up in the shape of a border, dress the stew in the centre, and serve.

**FISH CURRY IN MILK.***Kari de Poisson au Lait.*

Cut three onions and two shallots into slices, fry lightly in butter, then take any kind of fish, cut into small pieces, sprinkle with flour, and fry them brown. Take the pieces out of the frying-pan, dredge them with curry powder; place them in a stew-pan, and add a tablespoonful of flour, stir in four spoonfuls of cream; season with salt and mixed spice; and let it stew for half an hour, then add half a pint of boiling milk, two tablespoonfuls of lemon pickle, and serve.

**WHITE CABBAGE CURRY.***Kari au Choux blanc.*

Shred the white parts of a hard cabbage, together with a large sour apple; slice two small onions, and fry them in butter. Place the cabbage, apple and onions in a stew-pan; season with cayenne, black pepper, salt, curry powder, and tumeric. Let all simmer gently, moisten with the juice of half a lemon and a little strong gravy; cover it closely, keep stirring occasionally until tender.

**CURRIED ARTICHOKE BOTTOMS.***Fonds d'Artichauts à l'Indienne.*

Cut an Indian mango into shreds, peel and chop finely two large onions; put both into a stew-pan with a piece of butter. Place eight or more artichoke bottoms, neatly trimmed, on the top of the ingredients, and set all to broil gently over the fire for half an hour. Have ready some boiled rice, shape a border on a dish; dish up the artichokes in a pyramid in the centre. Sprinkle with

salt and curry powder. Stir the sauce well, pour over the dish, and serve.

### BENGAL POTATO CURRY.

*Kari de Pommes de Terre.*

Cut up four small onions (peeled), pound them in a mortar, together with an ounce of coriander-seed, free from husks, a pinch of cayenne pepper, two ounces of finely grated cocoanut, and a little salt. Dissolve a piece of butter in a stew-pan over the fire, put in about half an ounce of tumeric; let it fry for a few minutes, then add half a pint of curds, and the pounded ingredients. Let it boil up, and put in some slices of boiled potatoes; moisten with a little gravy to prevent it from burning. Let it simmer for a few minutes; dish up, and serve as hot as possible.

### KABOBS À L'INDIENNE.

Cut into thin slices two large onions, also two large peeled and cored apples, eight pieces of streaky bacon of the thickness of a penny, and eight pieces of the lean part of a neck of mutton or lean veal, cut the same size. The pieces should be round, and of about two inches in diameter. Then lay them flat, and sprinkle with curry powder, a little ground ginger and salt. Fasten on a skewer each piece of meat, etc., putting them alternately so that they may amalgamate—thus: meat, onion, bacon, apple—until all are on. Wrap them in buttered paper, and either bake them in the oven or roast in front of the fire. They will take quite half an hour or more to cook. Boil some rice, and dish them up between two borders, taking out the skewers.

Pour a little curry sauce over them, and serve as hot as possible.

### CURRIED VENISON À LA BARODA.

Slice one or two sour cooking apples, without peeling them, fry in one ounce of butter with half a Spanish onion; cut into rings, and one red carrot scraped and cut into round slices. When slightly browned, drain and put in a stew-pan, with a small bouquet of savoury herbs; moisten with half a pint of mutton broth, and stew the vegetables until tender. Rub all through a fine wire sieve. Mix half a tablespoonful of curry powder with half an ounce of butter, put it into a stew-pan with a dessertspoonful of lime or lemon juice; now add the vegetable purée, a teaspoonful of red currant jelly, and a little more mutton broth, if necessary, to form the consistency of a nice sauce. Stir the sauce over the fire, have ready some slices of cooked venison, lay them into the sauce; stew gently for about twenty minutes. Season with pepper and salt to taste. Dish up, garnish round the dish with rings of lemon, croutons of fried bread, and fried apple rings.

### RABBIT PIE À LA BOMBAY.

Procure a rabbit, skin it, cut it up into neat joints, wipe them with a damp cloth, and par-boil in a pint of water. Drain the pieces, and place them in a pie-dish alternately with a layer of sliced tomatoes, sliced hard-boiled eggs, and half a sliced Spanish onion. Season between each layer, with a little salt, cayenne pepper, a very small piece of finely chopped garlic, and two finely chopped green chillies; add also two cloves.

Moisten with half a pint of stock or gravy. Cover with short crust or puff paste, ornament the top, brush over with beaten egg, and bake in moderately heated oven for about an hour and half.

### CHICKEN CUTLETS À LA BARODA.

Draw and truss a nice fat chicken. Boil it in stock or water for half an hour, remove the skin, cut it up into pieces, free them from bones and gristle. Chop the meat finely, and put it in a stew-pan, mix it with a small handful of fine bread crumbs, a finely chopped small onion, a dessertspoonful of chopped parsley, the rind of half a lemon finely chopped or grated, and a chopped green chilli. Season with salt, Nepaul pepper, and grated nutmeg, add a well-beaten egg, and a little chopped tarragon and chervil. Moisten with two tablespoonfuls of white sauce, stir over the fire until thoroughly hot, and spread out on a dish to cool. Form some even-sized cutlet shapes, egg and bread crumb them, and fry in boiling butter to a light brown colour. Drain on a cloth; place a small chicken bone in the smaller end of each cutlet; dish up in a circular form. Put a little fried parsley in the centre, and serve with a nice tomato sauce, slightly flavoured with finely chopped mango chutney.

### KABOBED EELS.

Wash and skin one large eel, cut it into pieces about two inches long. Slice a small Spanish onion, place a piece of eel alternately with a slice of onion, a small piece of green ginger, and a piece of red chilli on skewers, and proceed thus until the skewers are full. Mince two shallots

very finely, fry a little in two ounces of butter; add three cloves, one bay leaf, and a few cardamom seeds. Dust the fish, etc., on the skewers with mixed spice and a little curry powder, and place in the stew-pan with the shallots, butter, etc. Allow it to fry gently until tender. Dish up in a pyramidal form, and serve with curry sauce and boiled rice.

### EGG PIROSKIS.

Put into a large basin six ounces of grated cheese, half a gill of cream, six ounces of fried bread crumbs, two ounces of cleaned currants, a teaspoonful of castor sugar, about four ounces of flour, a pinch of salt and a little grated nutmeg. Beat up three whole eggs, and stir into the above, together with two ounces of oiled butter. Work well, so as to obtain a smooth paste; if too thin, add a little more flour. Shape some even-sized balls, flatten each with the palm of your hand; fry in clarified butter, drain on a cloth, and serve hot.

### BUTTERED EGGS, INDIAN STYLE.

*Œufs brouillés à l'Indienne.*

Boil three eggs until hard, peel them and cut crossways into slices. Beat up two raw eggs, season with salt and pepper. Put them in a buttered, deep silver dish. Lay in the slices of hard-boiled eggs, and a few pieces of butter. Dust with curry powder and cayenne. Bake in a moderate oven, and serve round the table in the dish in which it has been cooked.

### CURRIED EGGS À LA MADRAS.

Boil six eggs until hard, peel them, and place in cold water until required. Mince half a small



onion, fry with a little fresh butter. Add one dessertspoonful of curry powder, a finely minced sour apple, three to four Brazil nuts, or six sweet almonds. Mix an ounce of arrowroot or corn-flour with a pint of milk. Stir into the above. Let it simmer for fifteen minutes. Stir from time to time. If too thick, add a little white stock. Cut the eggs in halves, and lay them in the sauce to get thoroughly hot through. Dish up the eggs carefully in a deep dish, strain the sauce over them, garnish with small bread croûtons, freshly picked parsley, and rings of lemons.

### OYSTER FRITTERS, INDIAN STYLE.

*Beignets d'Huitres à l'Indienne.*

Warm up two dozen large oysters in their own juice, but do not let them boil; drain them, sprinkle over with a little curry powder and a pinch of Nepaul pepper. Have ready some chicken forcemeat, spread over carefully each side of the oysters, then dip in some frying batter, and fry in clarified butter for five minutes. Dish up in pile, garnish with fried parsley, and serve.

### WEST INDIAN MULLIGATAWNY.

Cut half a chicken into small neat pieces, mince a small onion finely, cut two ounces of lean mutton into small pieces, dissolve two ounces of butter in a stew-pan, add the onions, then the chicken and mutton. Let the whole brown for five minutes, add two ounces of rice, two slices of egg plant, one teaspoonful of curry powder, and one green apple cored and cut very small. Season with black pepper, Nepaul pepper and salt. Moisten with a quart of chicken or mutton stock; allow

it to simmer for twenty-five minutes. When ready for serving add twelve blanched and bearded oysters, and the juice of half a lemon.

#### INDIAN CRAIPE TOAST.

Take three well-beaten eggs, a finely cut green chilli, the pulp of two ripe tomatoes, an ounce of butter and a little cream. Season with salt and pepper. Put all in a stew-pan over a quick fire, stir until set; spread on hot buttered toast and serve.

#### BUTTERED PICKLETS.

Toast them on both sides, and butter well. Cut in four equal pieces, and serve with salt in a muffineer or muffin dish.

#### SAVOURY HOMINY.

Beat up a cupful of cooked hominy in a sauce-pan, add half a pint of milk, and stir over the fire until done; then add an ounce of fresh butter, three ounces of grated cheese, a little mixed mustard. Season with salt and pepper, mix all well together, turn it into a well-buttered shallow dish. Strew over some grated cheese, also here and there a small piece of butter. Let it brown in a quick oven, or under the salamander, and serve hot.

#### KIDNEY TOAST À LA MADRAS.

Skin three large sheep's kidneys, cut them long-ways into slices, and fasten upon skewers. Season the kidneys with pepper, salt, and a pinch of Nepaul or cayenne pepper; immerse in well-beaten egg, and roll them in fresh bread crumbs into which a little grated lemon peel has been added. Broil in a little butter in a frying-pan.

over the fire. Have ready some crisp, well-buttered toast, spread over with a thin layer of *curry paste*. Cut the toast into convenient pieces, carefully remove the skewers, and place the kidneys upon the toast. Some thin slices of broiled ham or bacon served with this dish is a great improvement.

### CURRIED CHEESE SANDWICHES.

Free half a pound of cheese from the rind, cut it into small pieces, and pound in a mortar with three ounces of fresh butter and one dessertspoonful of *curry paste*. Cut some thin slices of bread, spread with the mixture, and form some neatly shaped sandwiches. Scraps and pieces of cheese may be worked up in this way, the mixture can be put into a jar, and will keep for several weeks, if covered with a layer of clarified butter.

### INDIAN PEPPER-POT.

Cut up into neat pieces any remains of cooked meat, poultry, or game; put them into an earthenware pan or jar, which should be fire-proof, add a convenient quantity of West Indian pickles, previously cut into small pieces, pour over a sufficient quantity of *casaripe sauce*\* to well cover the ingredients. Put the whole into a hot oven, for about half an hour, stir from time to time, and keep it covered. It is then ready for use, and can be served hot or cold.

Meat well cooked and covered with sufficient sauce will keep for some time if tied over with a bladder or parchment paper.

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\* "Casaripe sauce" is an Indian condiment, and can be procured in quart bottles at most Italian warehousemen.

## Miscellaneous Recipes and Sauces.

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### HOW TO BOIL RICE FOR CURRIES.

Carolina rice is best for this purpose. Wash the rice well in cold water, drain it, throw it into a stew-pan of boiling water, allowing three pints of water to every quarter of a pound of rice. Let it boil over a quick fire for about a quarter of an hour, then strain. Put the rice in a basin with cold water, strain off into a cullender or sieve, and place before the fire, or at the mouth of the oven, so that it may dry and get hot. Stir it occasionally with a fork in order to loosen it.

### FRYING BATTER.

Sift half a pound of flour into a basin; add a pinch of salt, stir in half a pint of lukewarm milk and half an ounce of warmed butter, and work it well with a wooden spoon. Allow it to stand for an hour or more, then beat the whites of two eggs to a stiff froth, mix it gently with the batter, and use same as required.

### PASTE CRUST.

Sift one pound of flour on to a paste-board, add a pinch of salt, and rub half a pound of butter lightly into the flour, until flour and butter are

perfectly amalgamated. Make a well in the centre; mix gradually one gill of water and one gill of milk, and work into a smooth paste. Roll it out, fold two or three times, and use as directed.

*Note.*—Rub the butter in the flour with the tips of your fingers. If the paste appears too stiff add a little more milk or water.

### NOUILLE PASTE.

Sift half a pound of flour on to a paste-board, make a well in the centre, and add a pinch of salt, two whole or three yolks of eggs, also half an ounce of butter. Mix all well together, and knead for ten minutes. Should the paste appear too stiff add a very little water or milk; it must, however, be very consistent. When required, divide in pieces and roll out very thin.

### FEUILLETAGE OR PUFF PASTE.

Sift a pound of flour on to the table or paste-board, form a well in the centre, put in half a teaspoonful of salt, a small piece of butter about the size of a walnut, the juice of half a lemon, and mix with sufficient cold water to form a smooth paste. Allow it to stand for ten minutes. In the meantime wash in iced water well not quite a pound of butter; knead it in a wet cloth, and give it a square flat shape. Flour the board, roll out the paste, giving it a square shape a little larger than the butter, and rolling out the four sides somewhat thinner than the centre. Place the butter in the centre, turn in the four sides, so as to completely cover the butter; flatten the paste and butter gently with the rolling pin, and roll out to about one-third of an inch in thickness.

Keep in an oblong shape and fold in three; this is termed a turn. Roll out again and fold as before, and allow it to stand on the ice for ten minutes. Give it three or four more turns, allowing it to rest for ten minutes between each turn; then roll out and use as required.

### DEVILLED BUTTER.

*Beurre à la Diable.*

Put a peeled shallot, a few sprigs of tarragon, chervil and parsley leaves in a small stew-pan, with sufficient chilli vinegar to cover; bring it to the boil, drain, and let it get cool. Wipe and bone three anchovies, pound them in a mortar with one dessertspoonful of curry paste, four ounces of butter, the yolk of a hard-boiled egg and the herbs and shallot. Add a dust of cayenne or Nepaul pepper, rub all through a fine sieve, and use as required, for devilled broiled meat, fish, biscuits, toast, etc.

### MARINADE.

*For pickling Fish or Meat.*

To each quart of vinegar (malt or French wine) add one sliced onion, one sliced carrot, a sprig of thyme, one bay leaf, a small bunch of parsley, a dozen peppercorns, two cloves and half a sliced lemon. Boil up the vinegar with the above-named ingredients. Place the fish or meat you wish to pickle in a shallow dish or basin, pour over sufficient marinade to well cover, and let it remain for twelve hours or more. White or red wine may be added in addition to the vinegar, and will be found a great improvement.

### FLEURONS.

These are little sippets of puff-paste used for garnishing dishes, and are made as follows:— Roll out a small piece of puff-paste, about an eighth of an inch thick; stamp out some half-moon or crescent shapes with a circular cutter, place them on a baking tin, brush over lightly with beaten egg, and bake in a quick oven.

### WHITE SAUCE.

Put a pint of milk, a small onion, stuck with a clove, a bay leaf, and twelve peppercorns, into a stew-pan; set it on the fire to boil. In the meantime mix one and a half ounces of flour with two ounces of butter, put it in the stew-pan and stir over the fire for a few minutes; then add half a pint of white stock or water, and stir until it boils. Stir in the boiling milk, etc., season with salt, and a little grated nutmeg, and allow it to simmer for fifteen minutes. Skim and pass through a fine strainer or tammy cloth. Should the sauce be desired richer, work in a small piece of fresh butter, or a little cream, after the sauce is strained. The sauce must, however, not be allowed to boil again after additional butter or cream is added.

### ALLEMANDE SAUCE.

Dissolve one ounce of butter in a stew-pan, add an ounce of flour, stir a few minutes over a fire, without allowing it to brown, but long enough to cook the flour. Add rather more than a pint of chicken stock; stir until it boils. Season with salt, pepper, and a pinch of grated nutmeg. Let it simmer for twenty minutes or more. Skim well.



Work in two yolks of eggs, two tablespoonfuls of cream, and half an ounce of fresh butter. Stir well over the fire, until the eggs begin to set, but do not let it boil. Add a teaspoonful of lemon juice, pass through a strainer or cloth, and serve as required.

### BÉCHAMEL SAUCE.

Dissolve one ounce of butter in a small stew-pan, add one ounce of flour; stir over the fire for a few minutes, just long enough to cook the flour, without allowing it to brown. Stir in a pint of boiling milk; add a small onion stuck with a clove, ten white peppercorns, half a bay leaf, a pinch of salt, and a little grated nutmeg. Stir until it boils, and allow to simmer for about ten minutes. Pass through a tammy cloth, or napkin, return to the stew-pan, and finish with a small piece of butter, and half a teaspoonful of lemon juice.

### MAÎTRE D'HÔTEL SAUCE.

Warm up one gill of béchamel sauce, add to it a teaspoonful of finely chopped parsley, a few chervil and tarragon leaves, and a teaspoonful of lemon juice; work up with half an ounce of fresh butter, and serve.

### MAÎTRE D'HÔTEL BUTTER.

Knead an ounce or more of fresh butter, with dessertspoonful of finely chopped, washed and pressed parsley, tarragon and chervil leaves (only a sprig or two of the latter two), a teaspoonful of lemon juice, a pinch of salt, pepper and cayenne. Spread it on a plate, place on the ice to set, stamp out small, and use it with different preparations.

**ANCHOVY BUTTER.**

Soak, wipe and bone three Gorgona anchovies, pound them in a mortar with an ounce and a half of fresh butter, and a little lemon juice; pass through a sieve. Form some very small pats, place on broiled meats, or fish, and serve before the butter dissolves.

**SUPREME SAUCE.**

Put an ounce of butter in a stew-pan; when melted, stir in an ounce of flour; allow it to fry a little. Add gradually three parts of a quart of chicken-stock, stir until it boils, and allow to simmer for fifteen minutes. Take off the scum, add one gill of boiling cream, a teaspoonful of lemon juice, a pinch of salt, and a pinch of grated nutmeg. Pass through a tammy cloth or napkin, return to a clean stew-pan, and finish with half an ounce of fresh butter, and a small piece of chicken glaze.

**ESPAGNOLE OR BROWN SAUCE.**

Cut up into small pieces a small carrot, an onion, two ounces of beef or veal, and two ounces of raw or cooked ham or lean bacon. Put this in a stew-pan, with a few sprigs of parsley, or some parsley root, a few small pieces of celery stalk, a bay leaf, twenty peppercorns, two blades of mace, a few sprigs of savoury herbs, and an ounce of butter. Allow it to boil over a quick fire until light brown. Strain off the fat, add two quarts of stock, half a pint of tomato conserve, and a gill of red wine; allow to simmer for an hour. In the meantime dissolve in a stew-pan two ounces of butter or good dripping, add two ounces of

flour, and stir over a slow fire until brown, or put it in the oven, in which case it will take longer to brown, but is less likely to burn. Strain the prepared stock, skim well, and add gradually to the prepared flour. Stir until it boils, and let simmer for twenty minutes or more. If found too thick, add a little more stock. Season to taste, skim and strain.

#### DEMI-GLACE SAUCE.

Take a pint of gravy from roast veal, put it in a stew-pan, and add half a gill of Espagnole sauce, and a small glass of Madeira or sherry wine. Let it reduce to the desired consistency, skim, strain, and serve as required. If you have no veal gravy, use other gravy or rich stock. In the latter case add a teaspoonful of meat glaze or extract of meat, and season to taste.

#### POIVRADE OR PEPPER SAUCE.

Cut into small dice and put in a stew-pan half a carrot, half an onion, an ounce of streaky bacon, together with half an ounce of butter, a sprig of thyme, and twenty crushed peppercorns. Fry for a few minutes, strain off the fat, and add half a pint or more of Espagnole or brown sauce; allow it to boil for fifteen minutes, skim, strain, and serve as required.

#### TOMATO SAUCE.

Put into a stew-pan an ounce of small pieces of bacon, an ounce of butter, and a finely chopped onion. Fry a little, and add about a pound of ripe tomatoes, freed from the stems and cut into slices. Stir over the fire a little longer, then add

an ounce of flour, previously mixed with a little cold stock or gravy; stir in gradually three parts of a quart of stock, add a few peppercorns, a few sprigs of savoury herbs, and parsley. Allow to simmer for half an hour. Remove the herbs, rub through a sieve, return to the stew-pan, season with salt, a pinch of castor sugar and pepper; finish with a pat of fresh butter.

### ITALIAN SAUCE.

Chop finely three shallots and twelve mushrooms; put this in a stew-pan with a bay leaf, a sprig of thyme, and a tablespoonful of salad oil. Fry over the fire for a few minutes, strain off the oil, and add a gill of white wine and a gill of veal stock. Allow it to simmer for ten minutes. When well reduced, add about a pint of Espagnole sauce; stir until it boils again, remove the thyme and bay leaf; skim well whilst boiling for a few minutes longer. The sauce is then ready for serving.

### SALMI SAUCE.

To make this sauce correctly, you must have some trimmings of game or carcasses of birds.

Chop three shallots very fine, place in the corner of a napkin, and rinse well in water; squeeze dry, and fry in a tablespoonful of salad oil in a stew-pan over the fire. Add a bay leaf, a sprig of thyme, and some mushroom trimmings. Add the carcass of birds, and fry a little over the fire; moisten with a glass of port wine, cover the stew-pan, and let steam for five minutes. Add a gill of stock, a pint of Espagnole sauce, and a teaspoonful of red currant jelly. Set all to boil for ten minutes or

more. Skim well, and pass through a strainer or tammy cloth. Season to taste, and serve.

### PIQUANTE SAUCE.

Chop separately four shallots, three pickled gherkins, a tablespoonful of piccalilly, and a dessertspoonful of French capers. Put in a stew-pan with a bay leaf, a sprig of thyme, and a gill of French wine vinegar; cover the stew-pan and let reduce to half the quantity. Remove the herbs, dilute with a pint of Espagnole sauce, season with pepper, boil up and skim.

### INDIAN CURRY SAUCE.

Dissolve two ounces of butter in a stew-pan, add a small onion, finely chopped, an ounce of finely sliced lean mutton, and a few sprigs of parsley. Stir over a slow fire for five minutes, then add two ounces of flour and a tablespoonful of curry powder. Let all fry for a few minutes, so as to cook the flour. Stir in a quart of veal or mutton broth, and the juice of half a lime. Allow it to simmer for half an hour; stir occasionally. Pass through a fine strainer or tammy cloth, return it to the stew-pan, boil up and bind with a yolk of egg, a tablespoonful of cream, and half an ounce of butter. Stir over the fire for a few seconds longer, but do not allow it to boil again.

### MAYONNAISE SAUCE.

(See page 175.)

### TARTARE SAUCE.

Put two yolks of eggs in a basin, place it on a shallow pan, containing some pounded ice. Add

a teaspoonful of salt, a pinch of white pepper, and half a teaspoonful of mustard. Mix well with a wooden spoon, pour in at intervals, slowly and gradually, a pint of salad oil, adding from time to time a few drops of tarragon vinegar. Chop finely two large gherkins, a teaspoonful of capers, and a few sprigs of parsley, and add to the sauce. Do not mix the gherkins, etc., until your sauce is finished; otherwise it is likely to turn. If the sauce appears too stiff, add a few drops of lemon juice or more vinegar.

#### **ANCHOVY SAUCE.**

Prepare some white sauce as directed on page 196, add a sufficient quantity of essence of anchovies to impart flavour and colour. A few drops of lemon juice tend to improve the flavour if added to the sauce just before serving.

#### **REMOULADE SAUCE.**

Blanch a few leaves of tarragon, parsley, burnet, and chives; drain the herbs, and chop finely. Put in a basin the yolk of an egg, with salt and pepper to taste; stir well with a wooden spoon. Work in gradually half a pint of salad oil, and at intervals a few drops of tarragon vinegar. About two tablespoonfuls of vinegar is required to half a pint of oil. When the sauce is finished, add a teaspoonful of made mustard, a pinch of castor sugar, and the chopped herbs.

# INDEX.

	PAGE
<b>A</b> DELAIDE Sandwiches	33
Alexandra Sandwiches	40
Allemande Sauce . . . . .	196
American Salad . . . . .	170
— Omelet . . . . .	115
Anchovy Salad with	
Onions . . . . .	1
Anchovies . . . . .	1
Anchois (les) . . . . .	1
Anchovy Canapees . . . . .	2
Anchois sur Canapés . . . . .	2
Anchovy Canapees, Princess style . . . . .	2
— Salad . . . . .	3
— Sauce . . . . .	202
Anchois en Salade . . . . .	3
Anchovies and Crayfish Tails in Shells . . . . .	3
Anchois et Queues d'Ecrevisses en Capisantis . . . . .	3
— à la Norwegienne . . . . .	3
Anchovy Fingers with Cheese . . . . .	53
Anchois Frits . . . . .	54
Anchovy Toast . . . . .	54
— Eclairs . . . . .	54
— Biscuits . . . . .	55
— Sandwiches, Nelson style . . . . .	33
— Butter . . . . .	198
Appetizers, Maximilian style . . . . .	11
Appétissants à la Maximilian . . . . .	11
— Espagnole . . . . .	11

	PAGE
Apple and Cucumber Salad . . . . .	154
— Salad, Perigord style . . . . .	177
Artichoke Bottoms with Brussel Sprouts . . . . .	97
Artichauts Farcis . . . . .	97
Artichokes, Lyonesse style . . . . .	98
Artichauts à la Lyonnaise . . . . .	98
Artichoke Bottoms, Curried . . . . .	185
Asparagus Points with Fine Herbs . . . . .	101
Angels on Horseback . . . . .	62
Anges à Cheval (les) . . . . .	62
Aubergine Marinée . . . . .	29
Aubergines au Gratin . . . . .	90
— à la Provençale . . . . .	90
— au Fromage . . . . .	90
<b>B</b> ALLOTINE of Lobster, Reform style . . . . .	6
— de Homard à la Réforme . . . . .	6
Bacon Omelet . . . . .	114
Baked Tomatoes à l'Anglaise . . . . .	80
— Macaroni with Cheese . . . . .	144
Beef Canapees . . . . .	24
Beignets de Poisson . . . . .	44
— de Poisson Fumé . . . . .	44
— de Saumon . . . . .	46
— de Merluche Fumée . . . . .	49
— aux Huitrés . . . . .	59



	PAGE		PAGE
Beignets de Filets de		Breakfast or Lunch Salad	158
Harengs à l'Alle-		Brown Bread Cheese Sand-	
mande . . . . .	64	wiches . . . . .	143
— de Gibier . . . . .	70	— Sauce . . . . .	198
— de Jambon . . . . .	74	Buttered Eggs, Indian	
— de Tomates . . . . .	79	style . . . . .	189
— de Pommes de Terre .	84	— Picklets . . . . .	191
— d'Aubergines à l'An-		Baked Eggs, Gratin style	130
glaise . . . . .	89	Buttered Eggs . . . . .	132
— de Betteraves . . . . .	104		
— au Fromage . . . . .	137	CANAPÉS aux Anchois	
— Soufflés au Fromage .	137	à la Princesse . . . . .	2
— d'Huîtres à l'Indienne	190	Canapees, Turbigio fashion	4
Beetroot Fritters . . . .	104	Canapés à la Turbigio . . .	4
Betteraves en Ragoût . .	105	Canapees of Lobster,	
Betteraves à l'Orientale .	15	Queen's style . . . . .	4
Beetroot Salad . . . . .	158	Canapés de Homard à la	
— and Egg Salad . . . . .	160	Reine . . . . .	4
Béchamel Sauce . . . . .	197	Canapees of Smoked Sal-	
Bengal Potato Curry . . .	186	mon . . . . .	13
Bhaurta à l'Indienne . . .	180	Canapés de Saumon Fumé	13
Biscuits au Beurre d'An-		Canapees of Caviare, Rem-	
chois . . . . .	55	moulade style . . . . .	20
Bouchées de Jambon à la		Canapés de Caviar à la	
Crème . . . . .	23	Rémoulade . . . . .	20
Bœuf Hâché à l'Aspic . . .	23	— de Bœuf . . . . .	24
— Fumé à la Hambour-		Canapees of Crab (curried)	48
geoise . . . . .	24	Canapés de Crab à l'In-	
Bologna Salad . . . . .	168	dienne . . . . .	48
Bonnes Bouches à la Car-		— de Sardine . . . . .	51
dinal . . . . .	25	Caviare . . . . .	17
— de Foie Gras . . . . .	25	— Slices, Remoulade style	19
— aux Huîtres . . . . .	56	— Dainties, Moscow style	20
— à la Moëlle . . . . .	68	— Sandwiches . . . . .	20
— de Volaille et Jam-		— Darioles . . . . .	21
bon . . . . .	68	— Sandwiches . . . . .	34
— de Pommes de Terre . . .	86	— Omelet . . . . .	112
— aux Œufs et Jambon . . .	121	Cabbage au Gratin . . . . .	93
Brissolottes de Caviar à		— Lettuce, American style	93
la Moscovite . . . . .	20	Cauliflower au Gratin . . .	95
Broiled Sardines with		— with Cheese . . . . .	95
Ham . . . . .	52	Carottes au Fines Herbes	100
— Oysters . . . . .	56	Carrots with Sauce . . . . .	101
— Oysters, New York		Carottes Nouvelles à	
style . . . . .	57	l'Allemande . . . . .	101
— Potatoes, à la Maire . . .	84	Cardoons à l'Espagnole . . .	105
Braized Celery, Espagnole	102	— Maître d'Hôtel style . . .	106

	PAGE
Cardons frits . . . . .	106
Céleri Craisé à l'Espagnole . . . . .	102
— frit à la Dresde . . . . .	102
— à la Maître d'Hôtel . . . . .	103
Celery Salad . . . . .	155
Champignons en Caisses à la Diable . . . . .	87
— sur Croûtons . . . . .	88
Crayfish Canapees . . . . .	8
— Croûtes, Tartare style . . . . .	8
Crabs, Dressed . . . . .	24
Crabes Garnies . . . . .	24
— aux Œufs à la Diable . . . . .	48
Crêpes de Pommes de Terre au Fromage . . . . .	83
Croûtes d'Ecrevisses à la Ravigotte . . . . .	7
— d'Ecrevisses à la Cardinal . . . . .	8
— de Crevettes à la Diable . . . . .	47
— aux Truffes . . . . .	107
— of Chicken, Devilled . . . . .	76
— de Volaille à la Diable . . . . .	76
Croûtons de Champignons . . . . .	88
Crêpinettes aux Huitres . . . . .	60
Croustade de Sardines au Fromage . . . . .	53
Croûtons d'Anchois au Fromage . . . . .	53
— d'Anchois à l'Anglaise . . . . .	54
— d'Anchois à l'Indienne . . . . .	55
— d'Anchois aux Fines Herbes . . . . .	55
— de Jambon . . . . .	75
— de Jambon . . . . .	75
Croquettes d'Huitres à la Wellington . . . . .	60
— de Viande . . . . .	65
— de Volaille . . . . .	65
— de Chevreuil . . . . .	67
— de Pommes de Terre . . . . .	82
Croustades of Kidney, Reform style . . . . .	72
— de Rôgnons à la Réforme . . . . .	72

	PAGE
Croustades de Concombres à la Cordon rouge . . . . .	92
Cucumbers à la Maître d'Hôtel . . . . .	91
— Croustade Cordon rouge . . . . .	92
Cucumber and Tomato Salad . . . . .	161
— Salad . . . . .	161
Cuisse de Dinde à la Diable . . . . .	77
Curried Anchovy Croûtons . . . . .	55
— Potatoes . . . . .	86
— Potatoes and Apples . . . . .	181
— Apples . . . . .	181
— Prawns . . . . .	47
— Artichoke Bottoms . . . . .	185
Curry Sauce . . . . .	201
Champignons aux Fines Herbes . . . . .	88
— à la Parisienne . . . . .	89
Cheese Sandwiches . . . . .	31
— Omelet . . . . .	117
— Meringues . . . . .	134
— Soufflé, No. 1 . . . . .	134
— Soufflé, No. 2 . . . . .	135
— Soufflé, No. 3 . . . . .	135
— Balls . . . . .	135
— Straws . . . . .	136
— Turnover . . . . .	136
— Scallops . . . . .	136
— Cakes . . . . .	137
— Fritters . . . . .	137
— Fritters (another way) . . . . .	137
— Hominy Soufflés . . . . .	138
— and Ham Toast . . . . .	142
Chicken Croquettes . . . . .	65
— Croustades . . . . .	67
— and Ham Tit-Bits . . . . .	68
— Sandwiches . . . . .	32
Cheshire Meat Sandwiches . . . . .	42
Chicken Cutlets à la Baroda . . . . .	188
Choux au Gratin . . . . .	93
— Farçis à l'Espagnole . . . . .	93
— Fleurs au Gratin . . . . .	95
— Fleurs au Parmesan . . . . .	95
Citrouille au Parmesan . . . . .	109

	PAGE		PAGE
Coquilles de Homard . . . . .	46	Deville'd Olives . . . . .	109
— d'Huitres à la Dumas . . . . .	59	— Butter . . . . .	195
Cockle Patties, American style . . . . .	62	Dutch Beetroot Salad . . . . .	160
Coquilles de Pommes de Terre . . . . .	82	— Herrings . . . . .	28
Concombres à la Maître d'Hotel . . . . .	91	Deville'd Lax in Crusts . . . . .	46
— Farcis à la Demi-glace . . . . .	91	— Eggs . . . . .	128
Coquilles de Salsifits . . . . .	104	<b>E</b> CREVISSES . . . . .	7
— de Fromage . . . . .	136	Ecrévisses à l'Orientale . . . . .	47
Cold Meat Salad, French style . . . . .	163	Eclairs d'Anchois . . . . .	54
Cockle Omelet . . . . .	115	Egg Plant, or Vegetable Marrow Gratin . . . . .	90
Côtelettes aux Œufs . . . . .	120	Eggs, Carnot style . . . . .	27
Crayfish . . . . .	7	Egg Sandwiches . . . . .	35
— Croûtes, Ravigotte style . . . . .	7	— Salad . . . . .	161
Cotelettes Mignons à la Tomate . . . . .	26	Eggs à la Granville . . . . .	118
Curried Venison à la Baroda . . . . .	187	— à la Salamandre . . . . .	119
— Eggs à la Madras . . . . .	189	— Stuffed with Spinach . . . . .	119
— Cheese Sandwiches . . . . .	192	— à la Matelotte . . . . .	120
Croûtes de Lax à la Diable . . . . .	46	— Cutlets . . . . .	120
Croûtons aux Œufs à l'Ecarlate . . . . .	128	— with Crown Butter . . . . .	120
Curried Eggs . . . . .	130	— with Mushrooms . . . . .	121
Chrysanthemum Salad . . . . .	176	Egg and Ham Tit-Bits . . . . .	121
<b>D</b> ARIOLES de Homard . . . . .		Eggs, German style . . . . .	124
— à la Tomate . . . . .	5	— Gratin style . . . . .	124
— de Caviar . . . . .	21	— Buckingham style . . . . .	125
— d'Huitres à la Carlton . . . . .	22	— Gruyère Fashion . . . . .	125
— de Foie Gras . . . . .	25	— à la Mode de Caën . . . . .	126
— de Tomates à la Crème . . . . .	26	— Coquette style . . . . .	126
Demi-glace Sauce . . . . .	199	— à la Maximilian . . . . .	12
Deville'd Shrimps in Crusts . . . . .	47	Egg Piroskis . . . . .	189
— Salmon (smoked) . . . . .	47	Endive Salads . . . . .	153
— Crabs . . . . .	48	English Salad . . . . .	161
— Sardines . . . . .	52	Epinards à la Française . . . . .	106
— Oysters, Stewed . . . . .	54	Escargots aux Fines Herbes . . . . .	9
— Oysters, Grilled . . . . .	54	Espagnole Sauce . . . . .	198
— Meats . . . . .	72	Egg and Tongue Croûtons . . . . .	128
— Chicken Liver . . . . .	73	— à la Romaine . . . . .	128
— Beef Tongue . . . . .	73	<b>F</b> AVOURITE Salad . . . . .	154
— Turkey . . . . .	77	Fèves de Marais aux Fines Herbes . . . . .	94
— Mushrooms in Cases . . . . .	87	Feilletage Paste . . . . .	194
		Fish Fritters . . . . .	44
		Fillets of Bloaters on Toast . . . . .	50

	PAGE		PAGE
Filets de Harengs Fumés sur Croûtes . . . . .	50	German Lobster Salad . . . . .	171
Fillet of Bloaters with Cheese . . . . .	63	Gherkin and Egg Sand- wiches . . . . .	42
Filets de Harengs Fumés au Fromage . . . . .	63	Goose-Liver Bonnes Bouches . . . . .	25
Fish Curry in Milk . . . . .	185	— Liver Darioles . . . . .	25
Flemish Salad . . . . .	166	Gladstone Sandwiches . . . . .	40
Fleurons . . . . .	196	Grilled Sardines in Paper Cases . . . . .	51
Foie de Volaille à la Diable . . . . .	73	— Oysters . . . . .	57
— Gras Sandwiches . . . . .	35	— Kidneys, Indian style . . . . .	71
Fonds d'Artichauts à la Bordelaise . . . . .	96	Gruyère Cheese Sand- wiches . . . . .	37
— d'Artichauts à la Bruxelloise . . . . .	97	Grouse Sandwiches . . . . .	39
— d'Artichauts à l'In- dienne . . . . .	185	Grisini au Gros Sel . . . . .	141
French Beans with Fine Herbs . . . . .	98	Grenouilles Frites à la Française . . . . .	61
— Spring Salad . . . . .	150	<b>H</b> ADDOCK and An- chovy Sandwiches . . . . .	33
— Salads . . . . .	152	Ham-Bouchées with Cream . . . . .	23
— Lettuce Salad . . . . .	152	— Canapees . . . . .	23
— Potato Salad . . . . .	164	— Fritters . . . . .	74
Fresh Cod-Roe Sandwiches . . . . .	36	— Toast . . . . .	75
Fritters of Haddock . . . . .	49	— Sandwiches . . . . .	31
Fritures de Fromage . . . . .	135	— Salad . . . . .	166
Fried Anchovies . . . . .	54	— Omelet . . . . .	114
— Oysters . . . . .	57	Hamburg Sandwiches . . . . .	33
— Frogs, French style . . . . .	61	Harengs de Hollande . . . . .	28
— Celery, Dresden style . . . . .	102	— Fumés à l'Écossaise . . . . .	63
— Cardoons . . . . .	106	— Fumés à la Bruxelloise . . . . .	63
— Egg Sandwiches . . . . .	126	Haricots Beans, Maître d'Hôtel . . . . .	94
Frying Batter . . . . .	193	— Blancs à la Maître d'Hôtel . . . . .	94
Fried Eggs à la Suisse . . . . .	129	— Verts aux Fines Herbes . . . . .	98
— Eggs à la Bonne Femme . . . . .	130	— Verts à la Poulette . . . . .	99
— Eggs, Lyonese style . . . . .	132	— Verts Sautés au Beurre . . . . .	99
— Eggs, Robert style . . . . .	133	Herring Fritters, Alle- mande . . . . .	64
<b>G</b> AME Fritters . . . . .	70	Homard sur Canapés . . . . .	5
— Sandwiches . . . . .	32	— à la Carême . . . . .	5
— Salad . . . . .	170	— au Gratin . . . . .	45
— Soufflés . . . . .	70	Hossynn Kubab . . . . .	184
Garfield Bonnes Bouches . . . . .	14	Hoftahs of Chicken . . . . .	184
German Salad . . . . .	156	— de Volaille . . . . .	184
— Cucumber Salad . . . . .	162		
— Potato Salad . . . . .	164		

	PAGE		PAGE
How Caviare is Prepared	18	Laitence de Cabillaud	
Huîtres (les) . . . . .	22	Fumé sur Croûtons . . . . .	61
— en Mayonnaise . . . . .	23	Laitues Farcies à l'Améri-	
— au Beurre . . . . .	56	caine . . . . .	93
— sur Pain Grillé . . . . .	56	Lemon and Apple Salad . . . . .	177
— Frites . . . . .	57	Lentilles Fricassées . . . . .	94
— à l'Américaine . . . . .	57	Lentil Omelet . . . . .	114
— aux Fines Herbes . . . . .	57	Lettuce Salad (Plain) . . . . .	151
— Sautées à l'Américaine . . . . .	57	— Salad (French) . . . . .	152
— Grillées à la Diable . . . . .	58	Little Oyster Soufflés . . . . .	59
Hors d'Œuvres . . . . .	1	Lobster Canapees . . . . .	5
		— à la Carême . . . . .	5
<b>I</b> NDIAN Salad . . . . .	170	— Darioles with Tomatoes . . . . .	5
— Curry-Sauce . . . . .	201	— au Gratin . . . . .	45
— Kedgeree . . . . .	180	— Salad . . . . .	171
— Bhaurta . . . . .	180	— Omelet . . . . .	115
— Craipe Toast . . . . .	191	Lucullus Sandwiches . . . . .	40
— Pepper-Pot . . . . .	192		
Italian Salad . . . . .	167-168	<b>M</b> ACARONI . . . . .	143
— Sauce . . . . .	200	— and Poached Eggs . . . . .	143
		— aux Œufs Pochés . . . . .	143
<b>J</b> AMBON sur Canapés . . . . .	23	— au Fromage . . . . .	144
Jerusalem Artichokes		— au Gratin, Bourgeoise	
with Onions . . . . .	96	style . . . . .	144
— Artichokes, Italian		— à l'Italienne . . . . .	144
style . . . . .	96	Madras Hard Eggs . . . . .	181
		— Prawn Curry . . . . .	183
<b>K</b> ABOBS à l'Indienne . . . . .	186	Maitre d'Hôtel Sauce . . . . .	197
Kabobed Eels . . . . .	188	— d'Hôtel Butter . . . . .	197
Kari d'Ecrevisses . . . . .	183	Marinade . . . . .	195
— de Légumes . . . . .	184	Marrow Tit-Bits . . . . .	68
— de Choux Blancs . . . . .	185	Mayonnaise Dressing . . . . .	172
— de Poisson au Lait . . . . .	185	— Sauce . . . . .	175
— de Pommes de Terre . . . . .	186	Meat Croquets . . . . .	65
Kedgère de Poisson . . . . .	44	Mêts de Viande à la Diable . . . . .	72
Kedgère de Poisson à		Melon Salad . . . . .	178
l'Indienne . . . . .	180	Meringues au Fromage . . . . .	134
Kidney Toast à la Madras . . . . .	191	Minced Beef with Savoury	
Kippered Herring, Scotch		Jelly . . . . .	23
style . . . . .	63	Milan Sandwiches . . . . .	43
		Miscellaneous Recipes	
<b>L</b> ANGUE de Bœuf sur		and Sauces . . . . .	193
Canapés . . . . .	23	My own Salad Dressing . . . . .	174
Langue de Bœuf à la		Moëlle de Bœuf aux Fines	
Diable . . . . .	73	Herbes . . . . .	69
Laitence de Cabillaud		— aux Fines Herbes sur	
Fumé sur Canapés . . . . .	8	Croûtes . . . . .	76

	PAGE
Mushrooms on Toast . . . . .	88
Mushroom Croûtons . . . . .	88
Mushrooms, Parisian style . . . . .	89
— Omelet . . . . .	113
Mussel Omelet . . . . .	113
Mutha Zudree . . . . .	182

<b>N</b> EW YORK Sand- wiches . . . . .	57
Norfolk Eggs . . . . .	118
Nouille Paste . . . . .	194
— à la Suisse . . . . .	139

<b>O</b> EUFS Farcis à la Russe . . . . .	27
— à la Carnot (les) . . . . .	27
— Marinés . . . . .	28
— Frits à la Norfolk . . . . .	118
— Farcis aux Epinards . . . . .	119
— au Beurre Noir . . . . .	120
— au Champignons . . . . .	121
— à l'Allemande . . . . .	122
— Pochés à la Burgogne . . . . .	123
— Pochés à la Portugaise . . . . .	123
— Pochés aux Jambon . . . . .	124
— Pochés à l'Anchois . . . . .	124
— Pochés aux Epinards . . . . .	124
— au Gratin . . . . .	124
— à la Buckingham . . . . .	125
— à la Gruyère . . . . .	125
— à la Coquette . . . . .	126
— Farcis aux Nouilles . . . . .	127
— Farcis à la Crème . . . . .	127
— à la Diable . . . . .	128
— Farcis au Perçil . . . . .	129
— à la Suisse . . . . .	129
— au Kari . . . . .	130
— gratinés . . . . .	130
— à l'Ecossaise . . . . .	131
— Brouillés . . . . .	131
— Brouilles au Beurre . . . . .	132
— Frits à la Lyonnaise . . . . .	132
— à la Maître d'Hôtel . . . . .	132
— Frits à la Robert . . . . .	133
— Durs à la Madras . . . . .	181
— Brouillés à l'Indienne . . . . .	189
Olives as Hors d'Œuvres . . . . .	10

S.D.

	PAGE
Olives à l'Espagnole . . . . .	11
— à la Diable . . . . .	109
Olive Omelet . . . . .	116
Omelette aux Fines Herbes . . . . .	111
— aux Fines Herbes à la Parisienne . . . . .	111
— au Chevreuil . . . . .	111
— au Caviar . . . . .	112
— aux Truffes . . . . .	112
— aux Moules . . . . .	113
— aux Huitres . . . . .	113
— aux Saucissons . . . . .	113
— au Jambon . . . . .	114
— au Lard . . . . .	114
— aux Lentilles . . . . .	114
— de Homard . . . . .	115
— aux Buçardes . . . . .	115
— aux Ecrevisses . . . . .	115
— à l'Américaine . . . . .	115
— aux Olives . . . . .	116
— with Mixed Vegetables . . . . .	116
— à la Jardinière . . . . .	116
— aux Tomates . . . . .	116
— au Fromage . . . . .	117
— aux Pommes de Terre . . . . .	117
Orange Salad . . . . .	178
Oriental Dishes . . . . .	180
— Savoury of Beetroot . . . . .	182
Oseilles au Œufs Pochés . . . . .	107
Oysters . . . . .	22
Oyster Darioles, Carlton style . . . . .	22
— Mayonnaise . . . . .	23
— Bonnes-Bouches . . . . .	56
Oysters on Toast . . . . .	56
Oyster Fritters . . . . .	59
— Indian style . . . . .	190
Oysters in their Shells, Dumas style . . . . .	59
Oyster Croquets, Wel- lington style . . . . .	60
— Crepinettes . . . . .	60
— Patties, Cordon rouge . . . . .	61
— Sandwiches . . . . .	42
— Omelet . . . . .	113
“Own” Salad Dressing . . . . .	174

P



	PAGE		PAGE
<b>PAILLES</b> au Parmesan . . . . .	136	Pommes au Kari . . . . .	173
Pain Grillé au Fromage . . . . .	142	— en Salade à la Française . . . . .	164
Paste Crust. . . . .	193	Poached Eggs, Burgundy style . . . . .	122
Pâté d'Ecrevisses sur Canapés . . . . .	8	— Portuguese style . . . . .	123
Parisian Salad Dressing . . . . .	176	— with Ham . . . . .	124
Pear and Plum Salad . . . . .	178	— and Anchovy . . . . .	124
Pepper Sauce . . . . .	199	— with Spinach . . . . .	124
Petits Paniers à la jardinière . . . . .	22	Polish Salad . . . . .	165
— Croûtes de Caviar . . . . .	21	Poissons Marinés . . . . .	13
— Soufflés d'Huitres (les) . . . . .	59	Pointes d'Asperges aux Fines Herbes . . . . .	101
— Pâtés d'Huitres à la Cordon rouge . . . . .	61	Poivrade Sauce . . . . .	191
— Bouchées de Bucardes à l'Americaine . . . . .	62	Potato Croquets . . . . .	82
— Pâtés de Viande aux Fines Herbes . . . . .	66	Potatoes Bonne-Femme . . . . .	82
— Croustades de Volaille . . . . .	67	Potato Scallops . . . . .	82
— Pâtés de Gibier à la Cordon rouge . . . . .	69	— Pancakes with Cheese . . . . .	83
— Soufflés de Gibier . . . . .	70	— Fritters . . . . .	84
— Pâtés de Riz de Veau à l'Allemande . . . . .	71	— Soufflés, Cordon rouge . . . . .	85
— Bouchées de Jambon . . . . .	74	— Rissoles . . . . .	86
— Soufflés de Pommes de Terre à la Cordon rouge . . . . .	85	— Bonne-Bouches . . . . .	86
— Pois au Jambon . . . . .	99	— Savoury, Italian style . . . . .	87
— Pois aux Laitues à la Française . . . . .	100	— Salad . . . . .	163
— Pois au Sucre à la Française . . . . .	100	— Omelet . . . . .	117
— Gâteaux au Fromage . . . . .	137	Princess Sandwiches . . . . .	38
Pickled Eggs . . . . .	28	Prince George Sandwiches . . . . .	43
Piquante Sauce . . . . .	201	Prawn Omelet . . . . .	115
Poet's Recipe for Winter Salad . . . . .	151	Pumpkin with Parmesan Cheese . . . . .	109
Pommes de Terre Farcies . . . . .	81	Puff Paste . . . . .	194
— à la Bonne Femme . . . . .	82	Pyramid of Eggs, Reform style . . . . .	122
— Farcies aux Fines Herbes . . . . .	81	Pyramide d'Œufs à la Réforme . . . . .	122
— au Kari . . . . .	84		
— à la Maire . . . . .	84	<b>R</b> ABBIT Pie à la Bombay . . . . .	187
— à l'Allemande . . . . .	86	Ragout de Crabe à la Tomate . . . . .	49
— et Pommes au Kari . . . . .	173	— d'Huitres à la Diable . . . . .	38
— Fromage à l'Italienne . . . . .	87	Remoulade-Sauce . . . . .	202
		Rice, How to Boil for Curry . . . . .	193
		Rissoles de Chevreuil . . . . .	67
		— de Pommes de Terre . . . . .	86
		— de Fromages . . . . .	136



	PAGE		PAGE
Rognons de Mouton à		Salade de Gibier . . . . .	170
l'Indienne . . . . .	71	— à l'Américaine . . . . .	170
Royal Salad Sauce . . . . .	173	— à l'Indienne . . . . .	170
Russian Salad . . . . .	167	— de Homard . . . . .	171
<b>SALADS and Sauces . . . . .</b>	<b>146</b>	— du Gourmet . . . . .	172
Salade d'Anchois aux		— à la Carranova . . . . .	172
Oignons . . . . .	1	— Dressing à la Réforme	174
— Sandwiches . . . . .	43	— Mixture . . . . .	175
— du Prêtre . . . . .	150	— aux Tomates et Poires	177
— de Chicoree . . . . .	151	— aux Citron et Pommes	177
— de Laitues . . . . .	151	— de Pommes à la Péri-	
— à la Française . . . . .	152	gord . . . . .	177
— à la Romaine . . . . .	152	— de Poires et Pruneaux	178
— à l'Anglaise . . . . .	153	— de Poulet à la Reine .	149
— de Pommes et de Con-		— de Melons . . . . .	178
combres . . . . .	154	— d'Oranges . . . . .	178
— à la Suisse . . . . .	155	Salmon au Gratin . . . . .	45
— de Céléri . . . . .	155	— Fritters . . . . .	46
— à l'Allemande . . . . .	156	— Sandwiches . . . . .	41
— d'Été . . . . .	158	Salmi Sauce . . . . .	200
— de Betteraves . . . . .	158	Salsifits aux Fines Herbes	103
— du Déjeuner . . . . .	158	Salsify Fritters . . . . .	104
— d'Hiver . . . . .	157	Salsifits Frits . . . . .	104
— aux Œufs et Better-		Salmon Trout Mayon-	
aves . . . . .	152	naise à la Baloise . . . . .	169
— de Betteraves à la Hol-		Sandwiches . . . . .	30
landaise . . . . .	152	— de Jambon . . . . .	31
— aux Œufs . . . . .	161	— aux Tomates . . . . .	32
— de Concombres et de		— de Volaille . . . . .	32
Tomates . . . . .	161	— de Gibier . . . . .	32
— de Concombres . . . . .	161	— d'Anchois à la Nelson .	33
— de Concombres à l'Alle-		— à la Norvégienne . . . . .	33
mande . . . . .	162	— à la Pâté de Crevettes .	34
— de Poulet à la Suisse .	162	— au Caviar Russe . . . . .	34
— d'Ecrevisses . . . . .	162	— au Fromage . . . . .	34
— de Viande à la Fran-		— de Foie Gras . . . . .	35
çaise . . . . .	163	— aux Œufs . . . . .	35
— de Pommes de Terre . . .	163	— à la Wellington . . . . .	35
— de Pommes de Terre à		— à la Victoria . . . . .	36
l'Allemande . . . . .	164	— aux Laitences de Ca-	
— à la Polonnoise . . . . .	165	billaud . . . . .	36
— à la Flamande . . . . .	166	— au Fromage de Gruyère	37
— de Jambon . . . . .	166	— à l'Américaine . . . . .	37
— à l'Italienne . . . . .	167, 168	— aux Sardines et Toma-	
— à la Russe . . . . .	167	tes . . . . .	37
— aux Truffes . . . . .	169	— à la Princesse . . . . .	38
		— à la St. Jacques . . . . .	38

	PAGE		PAGE
Sandwiches de Gibier . . . . .	39	Savoury Toast (Cold Meat)	75
— à la Lucullus . . . . .	40	— Marrow on Toast . . . . .	76
— à la Chasseur . . . . .	41	— Potatoes, Stuffed . . . . .	83
— de Saumon . . . . .	41	— Potatoes . . . . .	86
— au Saumon Fumé . . . . .	41	— Mushrooms . . . . .	88
— au Fromage et Viande à l'Anglaise . . . . .	42	— Vegetable Marrows with Onions . . . . .	90
— aux Huitres . . . . .	42	— Cucumber, Stuffed . . . . .	91
— aux Cornichons et aux Œufs . . . . .	42	— Cabbage . . . . .	93
— de Pain Noir au Fromage . . . . .	143	— Broad-Beans . . . . .	94
Sardine Bonne-Bouches à la Royale . . . . .	14	— Lentils . . . . .	94
— with Poached Eggs . . . . .	50	— Artichokes, Stuffed . . . . .	97
— aux Œufs Pochés à l'Allemande . . . . .	50	— French Beans, Poulette — Peas with Ham . . . . .	99
— Canapees . . . . .	51	— Carrots . . . . .	100
— Grillées en Papilottes . . . . .	51	— Salsifits . . . . .	103
— au Jambon . . . . .	52	— Dish of Eggs . . . . .	110
— à la Provençale . . . . .	52	— Omelet . . . . .	111
— à la Diable . . . . .	52	— Omelet, Parisian style . . . . .	111
— Croustade with Cheese — au Fromage . . . . .	53	— Soufflé Omelet . . . . .	118
— and Tomato Sand- wiches . . . . .	37	— Semolina . . . . .	138
Sauced Salmon . . . . .	13	— Hominy . . . . .	191
Saumon Mariné . . . . .	13	Sausage Omelet . . . . .	113
Sauced Fish . . . . .	13	Scalloped Salsifits . . . . .	104
Saumon au Gratin . . . . .	45	Scotch Rare Bit . . . . .	140
— Fumé à la Diable . . . . .	47	— Woodcock . . . . .	142
Sauté of French Beans . . . . .	99	Scolloped Lobster . . . . .	46
Sauce Froide à la Royale. . . . .	165	Smoked Cod-Roe Cana- pees . . . . .	8
Savoury Kedgeree . . . . .	44	— Hamburg Beef . . . . .	24
— Crab with Tomato Sauce . . . . .	49	— Fish-Fritters . . . . .	44
— of Dried Haddock . . . . .	49	— Herrings, Bruxelloise . . . . .	63
Savoureux de Merluche Fumée . . . . .	49	Savoury Eggs, Maitre d'Hôtel . . . . .	132
Savoury Anchovy Toast . . . . .	55	Smoked Cod's Roe Croû- tons . . . . .	164
— Oysters . . . . .	57	— Salmon Sandwiches . . . . .	41
— Meat Rolls . . . . .	66	Shrimp-Sandwiches . . . . .	34
— Marrow . . . . .	67	— Salad . . . . .	162
— Game Patties, Cordon rouge style . . . . .	69	Sheep's-Bread Croûtes . . . . .	183
— Soufflés, Salisbury style . . . . .	72	Snails as Hors d'Œuvre . . . . .	9
— Ham Patties . . . . .	74	— with Fine Herb Butter . . . . .	9
		Soufflés Savoureux à la Salisbury . . . . .	2
		Sorrel with Poached Eggs . . . . .	107
		Soufflés au Fromage . . . . .	134
		Spanish Appetizers . . . . .	11

	PAGE		PAGE
Sparghetti à la Tomate . . . . .	144	Tomates au Fromage . . . . .	78
— with Tomato Sauce . . . . .	144	— sur Pain Grillés . . . . .	78
Spinach, French style . . . . .	106	*Tomatoes on Toast . . . . .	78
Sportsman Sandwiches . . . . .	41	— Style "Gratin" . . . . .	79
Stewed Peas with Lettuce . . . . .	100	Tomates au Gratin . . . . .	79
— Peas Française . . . . .	100	Tomato Fritters . . . . .	79
— Celery Maître d'Hôtel . . . . .	102	Tomates Farcies à la	
— Beetroot in Sauce . . . . .	104	Gourmet . . . . .	79
Stuffed Eggs à la Russe . . . . .	27	— à la Réforme . . . . .	80
— Tomatoes, Gourmet		Tomato Savoury . . . . .	81
style . . . . .	79	Tomates aux Fines Herbes . . . . .	81
— Potatoes . . . . .	81	Tomato Sandwiches . . . . .	32
St. James' Sandwiches . . . . .	38	Tomates en Salade . . . . .	156
Suprême Sauce . . . . .	198	Tomato Salad . . . . .	156
Summer Salad . . . . .	158	— and Pear Salad . . . . .	177
Supper Salad . . . . .	155	— Omelet . . . . .	116
Superior Sandwiches		— Sauce . . . . .	199
Butter . . . . .	31	Tongue Canapees . . . . .	23
Sweetbread Patties, Alle-		— Toast . . . . .	74
mande . . . . .	71	Topinambours à la Lyon-	
Swiss Salad . . . . .	155	naise . . . . .	96
Swiss Chicken Salad . . . . .	162	— à l'Italienne . . . . .	96
Savoury Dishes of Fish . . . . .	44	Toasted Cheese . . . . .	142
— Meat Dishes . . . . .	65	Tranches Viennoise à la	
— Dishes of Vegetables . . . . .	78	Tomate . . . . .	16
Stuffed Eggs with Nou-		— de Caviar à la Rémou-	
illes and Ham . . . . .	127	lade . . . . .	19
— with Cream . . . . .	127	Truffles in Crusts . . . . .	107
— à l'Italienne . . . . .	129	Truffles Sautées Metropole . . . . .	108
— with Parsley . . . . .	129	Truffles in Crust, Italienne . . . . .	108
Scotch Eggs . . . . .	131	— Carême style . . . . .	108
Scrambled Eggs . . . . .	131	Truffles Farcies à la Carême . . . . .	108
Sour Fruit Salads . . . . .	177	Truffle Salad . . . . .	169
		— Omelet . . . . .	112
<b>T</b> ARTINES de Caviar . . . . .	20	Tunny-fish . . . . .	12
Tartare Salad à la		Tunny Canapees . . . . .	12
Soyer . . . . .	168		
Tartare Sauce . . . . .	173	<b>V</b> EGETABLE Marrow	
— Sauce . . . . .	201	Pickle . . . . .	49
Tarragon Mayonnaise		— Marrow Fritters . . . . .	89
Sauce . . . . .	175	— Marrow with Cheese . . . . .	90
Thon Mariné . . . . .	12	— Curry . . . . .	176
— Mariné sur Canapés . . . . .	12	Venison Omelet . . . . .	111
Tomato Darioles . . . . .	26	— Croquets . . . . .	67
Tomates à la Lucullus . . . . .	26	— Rissoles . . . . .	67
Tomatoes with Cheese . . . . .	78	Victoria Sandwiches . . . . .	36
		Vinaigrette Sauce . . . . .	28, 174

	PAGE		PAGE
<b>W</b> ELSH Rare Bit . . . . .	139	Winter Salad . . . . .	159
— Rare Bit, American style . . . . .	140	— Salad, Poet's Recipe . . . . .	159
— Rare Bit, English style . . . . .	140	White Cabbage Curry . . . . .	185
West Indian Mulligatawny . . . . .	190	<b>Z</b> IGARAS à la Russe . . . . .	141
White Sauce . . . . .	196	Zudree Rice . . . . .	182









